



This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

### Usage guidelines

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

- + *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.
- + *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.
- + *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.
- + *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

### About Google Book Search

Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at <http://books.google.com/>

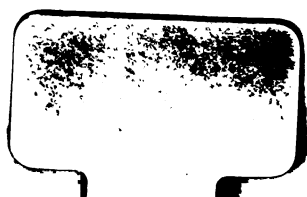
---

268. c.

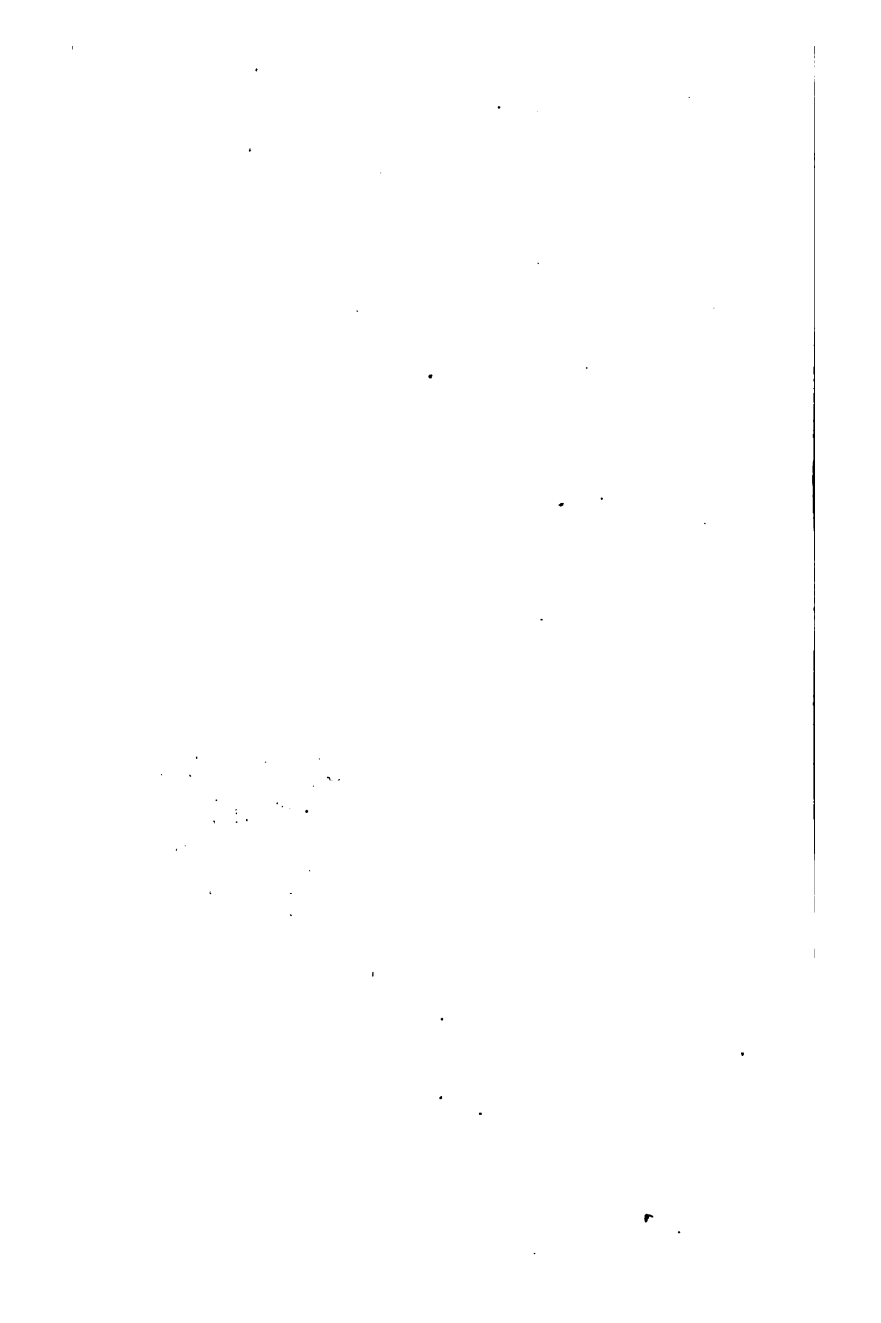
541.



600079535Z







THE  
“LITTLE HOUSEWIFE”

OR  
DOMESTIC ECONOMY FOR SCHOOLS, AND  
CLASSES IN COOKERY,

BY  
W. E. BUCK, M.A., M.D. (CANTAB.) & MRS. BUCK,  
*Hon. Secs. of the Leicester School of Cookery,*

AND  
H. MAJOR, B.A., B.Sc.

---

PRICE (cloth), 1s.

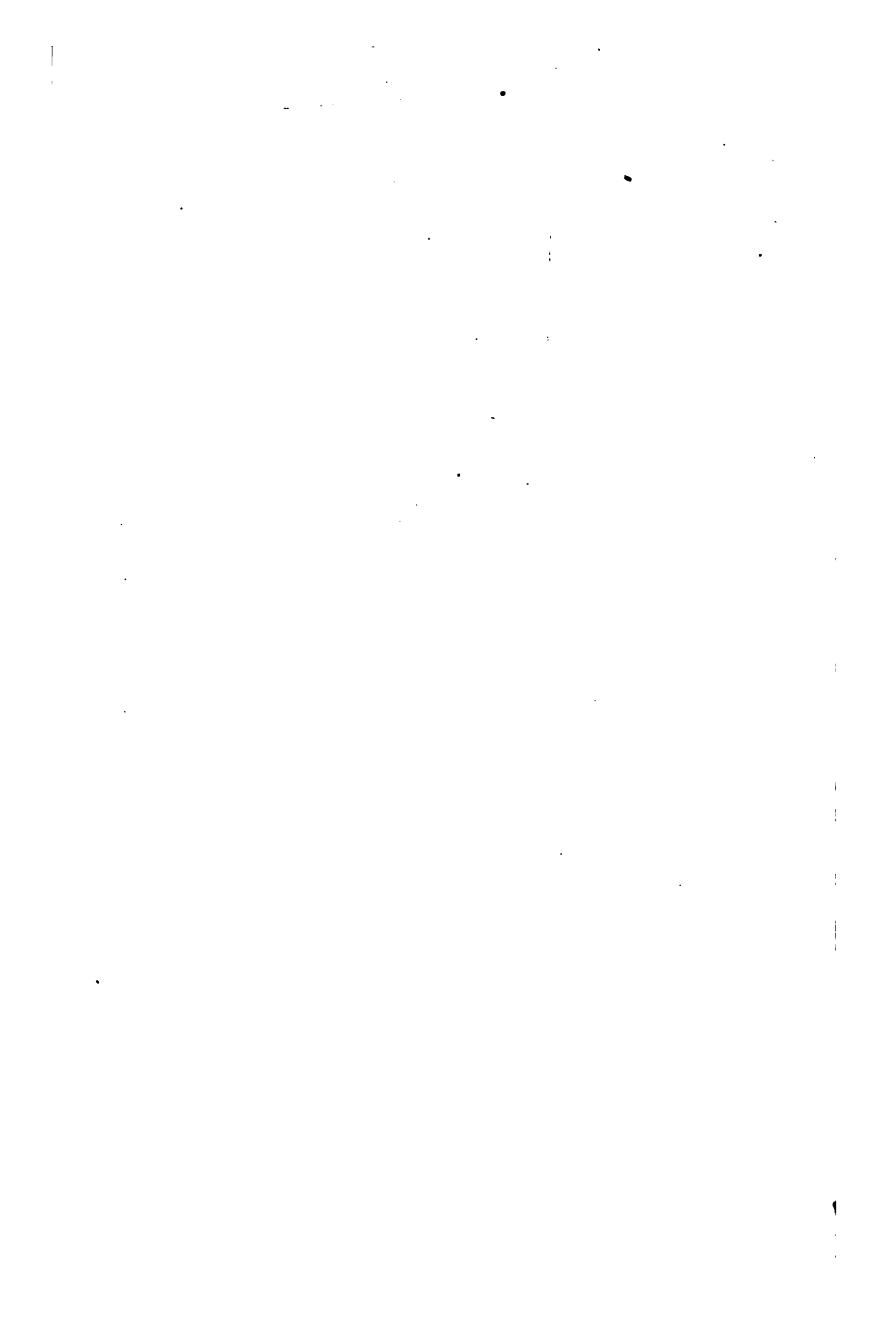
---



LEICESTER: H. MAJOR, and Midland Educational Company.  
LONDON: Simpkin & Marshall; Stewart & Co.; Moffatt & Paige; and  
Laurie, 12, Stationers' Hall Court, Paternoster Row.  
The Scholastic Trading Companies  
MANCHESTER: J. Heywood.

1879.

268 . c . 541.



## PREFACE.

---

THE following little Manual on Domestic Economy has been written by the Editors in the light of two years' actual experience in the conduct of Cookery Classes for the children of the Denominational and Board Schools of Leicester.

During this period the Editors have experienced the want of a treatise, *simple, theoretical, and practical*, adapted to the language of children, the requirements of the working classes, and the use of Schools.

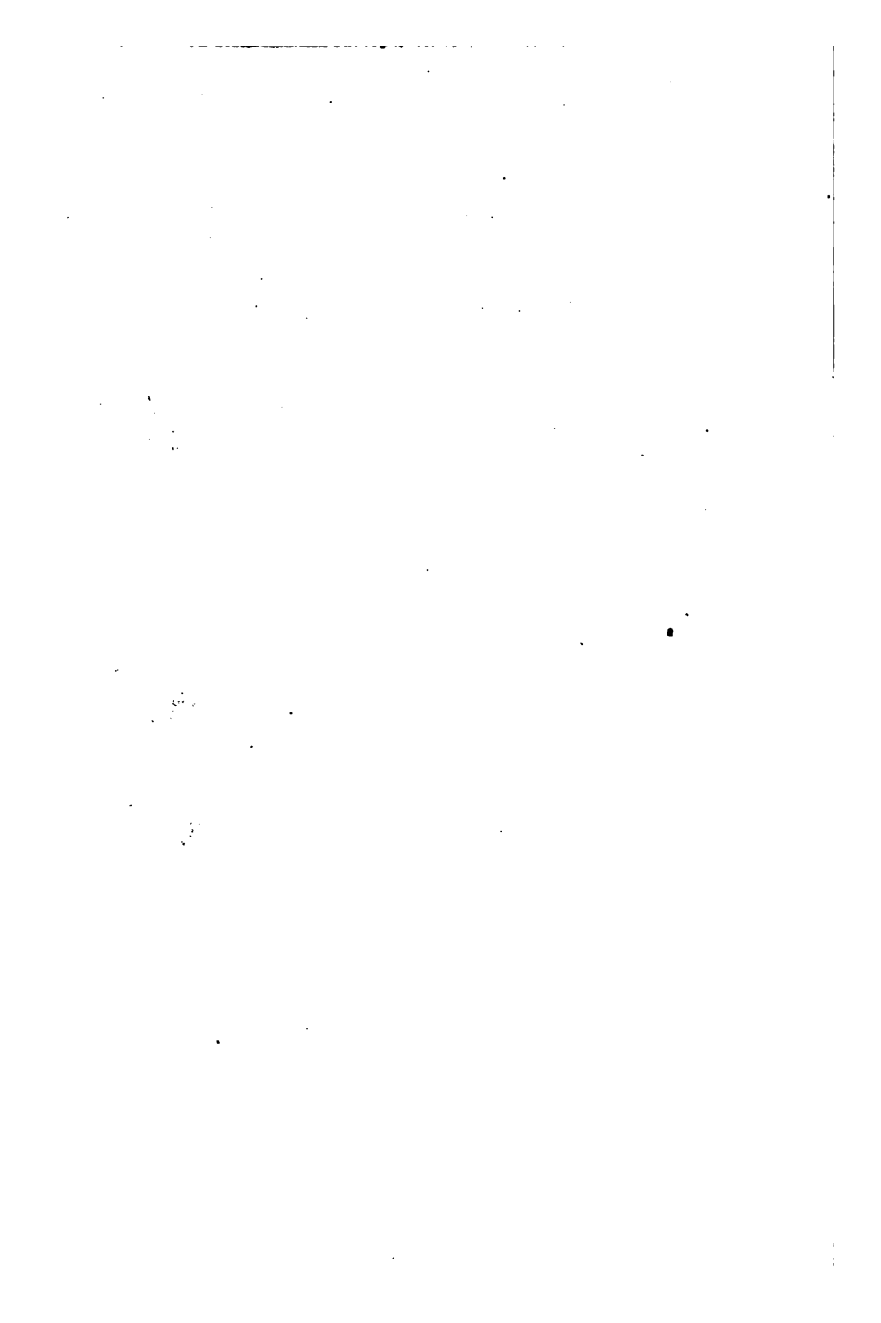
It is hoped that the Manual will be useful to Cookery classes, in supplementing the *practical* work of these classes by *theoretical* teaching, which may precede and follow that of the class.

Where Domestic Economy is taught in Schools without Cookery Classes, it will be useful as a *practical* monitor, being based on the *actual work done* by or for the elder children of nearly all the public elementary schools of Leicester.

Its greatest value will be as an *alternative reader* in Girls' Schools in this direction, for the specific subject of Domestic Economy. It will be noticed that the *reason why* things are done, as set forth in the Manual, is made a great point of by the Editors, and that *principles* and *intelligent teaching* are more inculcated than dry fact matter. For this purpose questions on each paragraph are appended at the end of every chapter, and these will suggest others to the teachers, that will make the instruction lifelike and interesting.

*Leicester, Christmas, 1878.*





# THE LITTLE HOUSEWIFE:

MANUAL OF DOMESTIC COOKERY FOR GIRLS.

---

## INTRODUCTION.

IN one of the largest towns of the Midland Counties there remains a quaint old public building, to which we wish to introduce our young readers. It is known as the old Town Hall, and it has been put to some very strange uses in its time.

The latest use made of it has been to turn it into a Cookery School, and here almost every day in the week classes for children, and adults, have been assembled to learn the practical lessons that have been there given by a competent instructress, to whose labours this treatise is very largely indebted.

We propose to lay before our young readers the work that is there actually carried on—beginning as the mother of a family, or a housemaid, would begin her day's work, by cleaning a grate and laying the fire, and going on from this to the actual work of a kitchen and household.

We would ask the reader to attend very carefully to each paragraph as it is read, so that the meaning may be understood, as this will be tested by the questions given at the end of each chapter.

## CHAPTER I.

## FIRST LESSON.—CLEANING.



I. **Cleaning a Grate.**—Take out the ashes. This should be first done, because an untidy fireplace looks uncomfortable, and because a clear current of air is necessary to make the fire burn up brightly and cheerfully. This is always best secured by a draught from below, upwards through the body of the fire, which cannot be if the grate is choked with ashes. The large cinders must be put on one side, to be used in lighting the fire; the remainder of the ashes must be sifted, the dust put into the ash-pit, and the cinders used for burning. Pull out the damper from under the oven, and remove the ashes that have collected there; if this is not done the oven will not get hot. Sweep the grate from the top with a small hand-brush, collect the soot from the chimney (take it away at once, or it will blow about the room), and clean out the flues, if there are any. Do not forget to sweep out the oven.

II. **The Boiler.**—Fill the boiler; if the boiler is not filled till the grate is hot, the cold water falling on the hot iron of which it is made will perhaps cause the boiler to crack or burst.

III. **To Polish the Grate.**—Mix some powdered black-lead with enough cold water to make it as thick as batter; put it on the grate with a small round brush, *beginning at the top and working downwards*. Be careful not to put the fingers or brush on the paint by the side of the fireplace, as that would make it black and dirty. Brush off the black-lead with another brush, and then polish the grate with a dry brush. Three brushes are thus used; they do not cost much, and will keep a long time with care. Be sure to brush well into the corners of the grate.

IV. **To Clean Brass.**—Clean the brass handles

of the oven-doors with powdered bath-brick and linseed oil mixed together; putting this on with a piece of rag. Polish with dry powdered bath-brick and a dry rag. *Dry materials should always be used for polishing.*

V. To Clean the Hearth Stone.—Wash the hearth-stone with clean water, using a brush and flannel; scrub with the brush and dry with the flannel. Remove any spots of grease with a little dry bath-brick. While the hearth is still rather wet rub it with a hearth-stone, or with pipe-clay, which has first been dipped into water. Wring out the flannel rather dry, and rub the hearth backwards and forwards to make it evenly white. Empty the water, wash out the brush and flannel, and put them in the air to dry; if they are left wet, they will become mouldy and decay.

VI. To Clean an ordinary Kitchen Fender, with steel top and black sides.—Clean the top with powdered bath-brick and linseed oil, and polish with dry bath-brick and a dry rag, just the same as was done with the oven-handles. The black outside and inside of the fender must be cleaned with black-lead, in the same way as the grate was done. The steel tops of the fire-irons are cleaned like the steel top of the fender, and the black part is polished with black-lead.

VII. Laying the Fire.—Put first a few large cinders at the bottom of the grate; over these place pieces of dry crumpled paper, then lay dry sticks crossways, and on the top small pieces of coal. The paper is crumpled and the sticks laid crossways to let the air come between, and so make a draught, which makes the fire burn up. (See p. 6.)

---

## CHAPTER II.

### FIRST LESSON—(*Continued*).

VIII. To Wash China.—Wash china with gold on it in warm water, and dry it with a clean cloth.

China without gold may be washed with a little soda in the water; this gives it a polish and removes the grease. Wash the handles of the cups carefully, drawing the dish-cloth through them to remove stains of tea or coffee. Dry with a clean cloth. Wash out the bowl with hot water and soda; the dish-cloth must be washed and hung out in the air to make it dry and sweet.

**IX. The Sink.**—Collect all pieces of food left about the sink. Put all bits of green vegetables into the swill-tub: never throw them on the ash-heap, where they would decay, give out a bad smell, and perhaps cause a fever; if there is no swill-tub, burn them. Never let cabbage-water be emptied down the sink, as this would cause a foul smell. Scrub the sink with hot water and soda. Pour down the pipe a quantity of hot water, to remove the grease in the pipe; then pour down large quantities of cold water to freshen and purify the pipes. Never take out the sink grating, as that would let large pieces of refuse go down, which would stop up the pipe.

**X. To Scrub Boards.**—Paste-boards should be scrubbed with sand. First wash the board, then sprinkle it with sand, and scrub it with a brush the same way as the grain of the wood, as that gets out the dirt and does not make the board rough. Rinse off the sand, and wipe the board with a dry flannel and dry it with a clean cloth, setting the board on end to dry. Scrub the tables and floors with warm water and soap; do not use soda, which would make the boards a bad colour. First wet the table or floor a little, soap the brush, scrub in the way of the grain of the wood, and dry with a flannel. *Remember to scrub the edges of the table.* Wash out the bucket, brush, and flannel, and put them out in the air to dry.

#### QUESTIONS.

(N.B.—The answers to the questions will be found in the paragraphs of the same number as the questions.)

1. *Why should the grate be cleaned out before laying the fire ?*
2. *Why should the boiler be filled before the fire is lighted ?*
3. *Why should the grate be blacklead from the top downwards ?*
4. *Why should dry materials always be used for polishing ?*
5. *How would you clean the hearth-stone ?*
6. *How would you clean a kitchen fender ?*
7. *What is the principal thing to be attended to in laying a fire ? For what reasons do we sometimes use the bellows ? Is there any objection to the frequent use of the bellows ?*
8. *How would you wash cups and saucers ?*
9. *Why should vegetable refuse be cleared away ?*
10. *How would you scrub a floor ?*

## CHAPTER III.

## SECOND LESSON.—CLEANING—(CONTINUED)



**I. Dirty Saucepans.**—After saucepans have had melted butter, or any farinaceous\* or floury food cooked in them, they should be filled with cold water as soon as the food is poured out of them; this makes them much easier to clean afterwards, as it does not let the remains of food set hard in the saucepan. The same thing should be done with saucepans in which milk has just been boiled.

**II. Iron Saucepans.**—Iron saucepans must be washed in hot water with a piece of soda in it the size of a hazel nut, as the soda helps to fetch off any grease. Do not let the water and soda stay in the

\* *Farina* = flour, hence any food of this nature is termed farinaceous, as gruel, corn flour, arrowroot, &c.

saucepan, or it will take off the tin that is inside—if the saucepan be tinned. The reason we put soda into the hot water is that it draws out the grease; the grease has an affinity† for the soda, and so unites with it and leaves the utensil.‡ Wash the outside of the saucepan as well as the inside. The saucepan must be washed outside to take off the soot, which is a non-conductor of heat, and would prevent the saucepan from becoming hot as soon as if it were clean. Wipe out the saucepan with a dry dish-cloth, set it near the fire to dry it thoroughly, and to prevent it becoming rusty. Put it away on a shelf with the bottom upwards to prevent the inside getting dusty: do not put it altogether on to the shelf, but leave a little space, where the saucepan overhangs the shelf, to let in the air; this will keep the saucepan fresh and pure.

**III. To Clean Tin Saucepans.**—Mix a little *whiting* with water to a smooth paste, rub it on the saucepan with a rag, and polish with dry *whiting* and a dry rag. Be careful to rub the *whiting* completely off, and do not let any remain in the cracks of the saucepan. Saucepans should never be cleaned with soap, as that would give a disagreeable taste to food cooked in them.

**IV. Copper and Brass Pans** must be cleaned with powdered bath-brick and linseed oil, put on with a rag; they should be polished with dry bath-brick and a dry rag, just as the oven handles were.

**V. To Clean Knives and Forks.**—Set up the knives and forks in an old jug, which contains hot water; be careful not to wet the handles, as the hot water would loosen them, and it would also make them greasy.

---

† When a substance has a tendency to unite or combine with another substance, it is said to have an *affinity* for it.

‡ A *utensil* is an article that is *used*, especially one that is used in a kitchen for cooking, &c., as saucepans, frying-pans,

Dry the knives and forks with a cloth. Sprinkle a knife-board with emery-powder, or powdered bath-brick; rub the knives backwards and forwards on the knife-board till all stains are removed, and until they look bright, then dust them well with a cloth. Rub the forks with a piece of rag (wash-leather is still better); rub well between the prongs of the forks, to remove all dirt.

**VI. To Clean Frying Pans.**—Pour the fat that remains in the frying-pan into a basin, and keep it for future use. Wash the frying-pan in very hot water, using a piece of soda the size of a hazel nut; dry it with a dish-cloth, and put it in front of the fire to prevent it getting rusty. All iron utensils put away damp are sure to become rusty, and the rust will eat into the iron and destroy it.

#### QUESTIONS.

1. *What should be done with saucepans in which flour, milk, melted-butter, &c., have been cooked, and why?*
2. *Of what use is soda? Why should the outside of saucepans be kept clean?*
3. *How would you clean "tinned" saucepans? What are "tinned" saucepans made of? (Sheet iron coated only with tin.)*
4. *How would you clean a knife and fork?*
5. *Why should cooking utensils be put away dry?*

---

#### CHAPTER IV.—THIRD LESSON.

#### PEA SOUP.



**I. Soup.**—Soup is much eaten by all people in foreign countries, but it is very little seen on the tables of the working men in England, although the



richer classes eat it nearly every day. Soup is a very good form of food; it is also very economical, and can be made in many different ways, both with or without meat or bones.

II. Stock.—Stock is the foundation of all soups in which meat or bones are used; it is made by boiling scraps of meat, or bones, until all the nourishment is drawn out into the water; the water is then called *Stock*.

TO MAKE STOCK.—Scraps of meat or bones must be placed in cold water, which is then brought to the boiling point, and allowed to simmer gently. They are placed in cold water to draw out the nourishment; if they were put into hot water a kind of coat would be formed over the meat or bones, which would keep the nourishment in, and not let it be drawn out into the water. When the stock is brought to the boil the scum must be carefully taken off with a spoon; if this is not done at once the scum will boil down again into the stock. Do not let the stock boil fast, as that would waste it, and also take away its strength and taste. The stock must *simmer*, which means that it must be kept at a little *under boiling point*. Be careful to keep on the lid of the saucepan; if the stock or soup is left uncovered the steam will escape, and with it a great deal of the strength of the stock. When all the nourishment has been drawn out of the meat or bones (which will be after they have simmered about four hours), the stock must be strained into a basin, where it must remain till cold; the fat must then be carefully taken off; if this were not done the melted fat would make the soup, for which the stock is used, both disagreeable and unwholesome. The fat must be saved to use for frying or other purposes. There are many different kinds of soups, some of which will be given in future lessons, but the remarks on stock apply to all those in which meat or bones are used. We will now proceed to make,

III. **Pea Soup.**—Pea soup is an excellent soup, which is so nourishing that it may be eaten instead of meat, as peas are both flesh-formers and heat-givers, and will give nearly as much strength as meat, and at much less cost.

PEA SOUP.—Ingredients. Cost.

2d. worth fresh beef bones ... ..	2d.
1 Pint split peas ... ..	2½
1 Turnip, 1 carrot, 1 stalk of celery ( <i>not a head</i> ), 1 table-spoonful of brown sugar, 1 table-spoonful powdered dry mint, pepper and salt to taste, 5 pints of cold water ... ..	2

---

6½d.

Break up 2d. worth of beef bones into small pieces, wash them in salt and water, put them into a saucepan with five pints of cold water, add a table-spoonful of brown sugar, bring it to the boil, scum it, and let it *gently simmer* for four hours. Then strain the stock into a basin, and, when cold, take off the fat. Soak the peas all night in a basin of cold water; this makes them swell and soften, so that they will not require so much cooking. Pour the water away from the peas, put them into a saucepan with the stock, bring them to the boil, and *simmer gently* for two hours, then add the vegetables. These should be prepared in the following manner: Wash them all well in cold water, scrubbing them with a little brush (costing 2d.) which is kept for the purpose, then wash them in clean water; scrape the carrot, pare the turnip very thick (the outside of the turnip is very bitter), peel the onion; wash all the vegetables once more; cut them up into small pieces, put them into the soup, bring them to the boil, and then let the soup simmer for one hour, or till the vegetables and peas are quite soft. If you have a wire sieve or a colander, it is a great improvement to pass the soup through it, rubbing the vegetables through with a wooden spoon. Then put

the soup back into the saucepan, let it just boil, add the powdered mint, pepper and salt, and it is ready. If you have no sieve or colander, rub all well together with a wooden spoon while the soup is in the saucepan, then add the mint, pepper, and salt. Be careful to stir the soup occasionally, to prevent it burning at the bottom of the pan; but *do not take off the lid more than necessary.*

#### QUESTIONS.

1. *Why is soup a nice form of food?*
2. *What is stock? and how is it made?*
3. *Why must we put meat for making soup into cold water?*
4. *What is pea soup?*
5. *Give a receipt for making it.*
6. *Why must soup simmer and not boil?*
7. *Why must you keep the lid on the saucepan?*

#### CHAPTER V.—LESSON III. (*continued*).

### BAKED HADDOCK. MELTED BUTTER.



I. **To Choose Fish.**—Fish is a wholesome and nourishing food, and many kinds are very cheap. The cost and quantity of fish depend very much on the different seasons and weather, but some kinds, as cod, haddock, and plaice, may almost always be bought at a low price. In choosing fresh fish *take those with bright eyes and red gills*; when the eyes are dull and the gills dark the fish is stale. Be sure never to take any fish that has a disagreeable, tainted smell. Choose plump thick fish rather than thin ones, as they are of better quality. Herrings should not be bought when the eyes are red or shot, as it is termed; a “shotten herring” is proverbial among fishermen for a worthless object.

II. Baked Haddock.—						Cost.
1 Haddock (2½ lbs.)	...	...	...	...	...	9d.
2 oz. bread	...	...	...	...	...	½
1½ oz. suet	...	...	...	...	...	1
1 dessert spoonful of parsley,	a little					
thyme, pepper and salt	...	...	...	...	...	½
Dripping	...	...	...	...	...	1
A teacupful of water	...	...	...	...	...	
						<hr/>
						1 0

Haddock is an excellent and nourishing fish, costing about 4d. per lb.; it may almost always be bought, although it is properly in season from June to January. It may be cooked in many different ways, but among the best ways is baking and stuffing it. First wash the haddock well in cold water, take out the eyes, cut off the fins and tail (if the fishmonger has not already done so); scrape off the scales, from the tail towards the head, holding the knife close to the fish. Dry the fish outside and inside with a dry clean cloth.

III. Stuffing for Haddock.—Soak the bread about ten minutes in a little cold water. Wash the parsley well and dry it in the corner of a cloth; chop it small. Take the leaves from one or two sprigs of thyme; chop them; also chop the suet very fine. Strain the water from the bread, mix together the bread, suet, thyme, and parsley, and add pepper and salt to taste. Place the haddock on its back, press the stuffing into the haddock, using a wooden spoon. When the inside of the haddock is full, sew it up, or fasten it up with a skewer, to prevent the stuffing coming out. Pass the end of the tail of the haddock through the holes of the eyes, fasten it there with a skewer, and dredge the fish with flour. Melt some dripping, about the size of an egg, in a baking tin, put the fish into the tin, and bake it about half an hour, if it is a moderate-sized haddock. Baste it very often to prevent it getting dry.

IV. Melted Butter.—Ingredients.		Cost.
$\frac{1}{2}$ oz. butter	... ..	$\frac{1}{2}$ d.
1 table-spoonful of flour and a little salt	...	$\frac{1}{4}$
$\frac{1}{2}$ pint boiling water	... ..	—1d.

Melted butter is the foundation of many sauces. Be sure to make it carefully; weigh and measure the ingredients, and do not try to save yourself trouble by making it "any how." Put the butter and flour into a small basin, rub them well together with a wooden spoon till you have made them into a firm and even paste, then add the boiling water very gradually, stirring well all the time, so that the mixture may be smooth. Add a little salt. Put the melted butter back into the small saucepan in which you have boiled the water, place it on the fire till it boils, stirring all the time. Let it simmer one minute and a half, and it is done.

#### QUESTIONS.

1. *How would you choose fish?*
2. *How would you bake haddock?*
3. *Describe how you would make stuffing for haddock.*
4. *How do you prevent the stuffing coming out?*
5. *Why must the haddock be basted?*
6. *How would you make melted butter?*

---

#### CHAPTER VI.—LESSON IV.

### POTATO SOUP. BAKED BREAD PUDDING.



**I. Potato Soup.**—Potato soup is not so nourishing as pea soup, as potatoes largely consist of water, and have not nearly such important flesh-forming and heat-giving properties as peas have; still potato soup is a pleasant change, and it contains other ingredients

besides potatoes, which make it more nourishing than it would otherwise be: these ingredients are milk, dripping, and onions. In peeling potatoes, either for soup or for any other purpose, remember to pare them as thinly as possible, as the most nourishing part of the potato is nearest to the skin, and besides, this prevents waste.

## II. How to make Potato Soup.—Ingredients:

	Cost.
2 quarts of stock ... ..	2d.
2 lbs. potatoes ... ..	2
6 oz. of onions, a stalk of celery, thyme, parsley, and marjoram...	2
2 oz. dripping ... ..	1
1 pint of milk ... ..	2
	—9d.

Make the stock like that used for pea soup, or you may use the water in which any fresh meat has been boiled. Be careful to take all the fat off the stock, put the latter into a saucepan, and bring it to the boil. Wash the potatoes, scrubbing them with a brush; peel them very thin, parboil them, that means put them in cold water in a saucepan, bring them to the boil, then take them out, and cut them into thin slices. Melt the dripping in a saucepan, peel and slice the onions, put them into the melted dripping, let them cook for five minutes, stirring occasionally to prevent the onions burning, then put in the potatoes, stir altogether until the dripping is soaked up, then add them to the stock. Wash and chop the celery. Take a sprig of thyme, a sprig of marjoram, and two or three leaves of parsley, wash them well, and tie them together in a bunch. Put the celery and herbs into the soup, bring it to the boil, then let it simmer for an hour. Take out the herbs, take the soup off the fire, and rub it through a wire sieve, or colander if you have one, with a wooden spoon; add the milk, return the soup to the saucepan, let it just boil, season it with pepper and salt, and it is ready.

If you have no sieve or colander, you can make this soup very well without one, the only reason for using a sieve is to make the soup evenly smooth and thick, so that there are no lumps.

III. **Pepper and Salt.**—Always add pepper and salt for seasoning just before the soup is ready, for if they were allowed to boil long they would lose their flavour.

#### IV. **Baked Bread Pudding.**

	Cost.
$\frac{1}{2}$ lb. bits of bread ... ..	$\frac{1}{2}$ d.
2 ozs. beef suet ... ..	1
2 ozs. moist sugar ... ..	$\frac{1}{2}$
$\frac{1}{4}$ lb. currants ... ..	1
1 egg ... ..	1
Cupful of milk, nutmeg, dripping ...	1
	—5d.

Take care of all little pieces of bread; never let any be wasted. Waste is a very sinful thing; the cleverest cooks are those who can make dainty dishes of what the ignorant and careless would throw away. Waste is a sign of ignorance; it shows that people have never been taught, and do not know how to make the best of good food. We shall use for this lesson the crusts of the bread-crumbs which we used for the haddock stuffing last week; of course any clean pieces will do. Soak the bread for half-an-hour in cold water, or longer if it is very stale; then drain off any water that may be left, and break up the bread with a fork. Chop the suet finely. Wash well  $\frac{1}{4}$  lb. of currants, dry them in a cloth, and pick away any bits of stone from among them. Mix together the bread, suet, currants, sugar, and as much grated nutmeg as will lie upon a fourpenny-piece. Beat up one egg in a basin, add it to the mixture, and add also one teacupful of milk, and mix all well together with a wooden spoon. Grease a pie-dish with dripping, using a small piece of clean paper to put on the dripping; put the pudding in a moderately heated oven, and bake it for one hour.

**Boiled Bread Pudding** may be made in the same manner, but then it must be put into a greased basin, a floured pudding-cloth tied over it, and boiled an hour and a half.

QUESTIONS.

1. *Why should potatoes be pared thin?*
  2. *How would you make potato soup?*
  3. *When should pepper and salt be put into food that is cooking, and why?*
  4. *What ingredients are used in a baked bread pudding?*
  5. *How would you make and cook a boiled bread pudding?*
- 

CHAPTER VII.—LESSON IV. (*continued*).

POTATOES BOILED IN THEIR SKINS.



**I. History of the Potato.**—The potato, which is now one of our commonest foods, has only been known in Europe since the beginning of the XVI. century, when it was brought over from South America, of which it is a native. At first the potato was considered a great delicacy, and cost as much as 2s. a pound; and it was not very much grown and eaten till about 150 years after it was first brought to England. The potato is the commonest food of many of the Irish poor; some of them live almost entirely on potatoes and milk. In the years 1846 and 1847 the potato disease destroyed the crops in Ireland, and many of the people died of starvation. This was called the Great Potato Famine.

**II. Nourishment in Potatoes.**—Potatoes have not great flesh-forming properties, like peas and beans; indeed, they are the least flesh-forming of any vegetable that we use for food except cabbage, as they



consist very largely of water. They are, however, useful as food, on account of the starch they contain, which helps to support life by warming the body. We must cook potatoes well, so that the little starch cells of which they are made may burst, and then the potatoes become mealy and digestible; if potatoes are not cooked enough, we all know how hard and indigestible they are.

**III. Potatoes Boiled in their Skins.**—It is better to boil some kinds of potatoes, and to steam others; they must, however, be prepared in the same way either for boiling or steaming. Many people peel potatoes before boiling them, but it is much better not to do so, as the skin keeps the nourishment inside the potato, and does not let it escape into the water; also, the most nourishing part of the potato is that nearest to the skin, and if it were not very carefully and thinly peeled, we should lose the best part of the potato. Choose potatoes that are of nearly the same size, or some will be cooked before others. Wash them well in cold water, and scrub them with a little brush; wash them again in clean cold water, but do not let them remain more than five minutes in the water, as that would draw out some of the nourishment. Warm water must never be used in washing vegetables, as it would take away some of the juices that give them taste and nourishment. Put the potatoes into a good-sized pot, cover them with cold water, leave them room to swell, add about a teaspoonful or more of salt, put the lid on, bring them to the boil, and let them simmer till tender. They should always be covered, so that the steam may not take away the heat. Try them by sticking in a fork to see if they are done. Drain off the water. Let the saucepan stand by the fire a few minutes, with the lid tilted to let the moisture pass away. Carefully peel the potatoes with a knife and fork, and they are ready.

## QUESTIONS.

1. *What do you know about the potato?*
  2. *What kinds of food are found in the potato?*
  3. *Why is it well to cook potatoes in their "jackets"?*
  4. *How would you boil potatoes?*
- 

## CHAPTER VIII.—LESSON V.

### VARIETY SOUP. FRIED PLAICE. HOW TO CLARIFY DRIPPING.



I. **Variety Soup.**—You have already learnt how to make soup from stock; there will now be given you a recipe for a soup made without using any stock, which, of course, does not require so much time to prepare.

#### VARIETY SOUP.—Ingredients. Cost.

1 pint milk ... ..	2d.
2 ozs. dripping ... ..	1
3 carrots, 2 small turnips, 3 onions, 6 Jerusalem artichokes, a stick of celery, parsley, bunch of herbs ...	3
Table-spoonful of flour, pepper and salt	$\frac{1}{4}$
2 quarts of water ... ..	

—6 $\frac{1}{2}$ d.

Wash and scrub all the vegetables. Scrape the carrots; peel the turnips very thick, or they will make your soup sour; peel the artichokes and onions; put all into cold water again, then chop them up into dice. Wash a sprig or two of thyme, marjoram, and parsley; tie them together; put the vegetables and herbs into a saucepan with the dripping, and pour in the water. Bring the soup to the boil, and let it simmer one hour; add the milk, and simmer for half an hour, or till the vegetables are tender. Take out the bunch of herbs. Rub the soup through a sieve

or colander, if you have one; or mash up the vegetables as well as you can with a wooden spoon. Mix the flour with as much milk as will make it as thick as batter; add it to the soup, bring it to the boil, and let it simmer a few minutes. Wash well the parsley, and dry it in the corner of a cloth; chop it small. Parsley ought always to be well dried before chopping, as then it can be cut up much more easily. Just before you remove the soup from the fire, add the parsley, and seasoning of pepper and salt; do not let the parsley boil in the soup, that would make it yellow. The soup is now ready to serve.

## II. Fried Plaice.

Required.						Cost.
One plaice, 2 lbs.	...	...	...	...	...	8d.
Egg	...	...	...	...	...	1
Bread crumbs	...	...	...	...	...	$\frac{1}{2}$
Clarified dripping to fry it	...	...	...	...	...	1
						—10 $\frac{1}{2}$ d.

Plaice is a flat fish; it is brown on the upper side, and has yellow or red spots on it; the under side is white.

In buying plaice, choose those with bright eyes and thick firm bodies. Cut off the fins, take out the eyes, wash the fish three times in clean cold water; cut it in slices about an inch wide; if, in cutting the fish, you find any blood remaining inside near the bones, wash it away. Dry the fish well on a cloth. It is best to prepare it in this way some time before you wish to cook it, as if it is at all damp, it will not fry a nice brown colour. When the fish is quite dry, beat up an egg on a plate with a knife; also have ready some bread crumbs which have been made from a stale loaf (you cannot make nice bread crumbs from a new loaf, as the bread sticks together in lumps); put the bread crumbs on a piece of clean soft paper. Lay one slice of fish on the plate in the egg, dredge it with a little flour, brush the egg over it with a paste-brush, lay it on the paper in the bread crumbs,

sprinkle the bread crumbs over it, and shake it about in the paper till the slice of fish is evenly covered with crumbs, then lay it on a plate. Do the same with every slice; it is now ready to fry.

III. **Frying.**—To fry anything is to boil it in hot fat; this requires great care, or you will spoil what you wish to cook. The best fat for common frying is clarified dripping; put as much as you can spare, or about 2 ozs., into a *clean* frying-pan, and let it heat *very gently* over a *clear* fire; if you heat it too quickly it will burn. At first the fat will hiss, and if any water remains in it, after it has been clarified, it will make a loud noise; when it has left off hissing, it is quite hot; now you must try if it is hot enough by putting in a little piece of bread; if the bread becomes crisp and brown at once, the fat is ready. You must then put in whatever you wish to fry; if the bread does not turn brown at once, the fat is not ready, and you must wait. If you were to try to fry anything in fat that is not hot enough, it would not turn brown, but would become quite sodden, and would not be at all nice to eat; if the bread is burnt, the fat is too hot, and must be allowed to cool.

IV. **Frying the Plaice.**—What has just been said to you applies to everything you wish to fry; you must fry the plaice as you have now been taught; put the slices in the fat, and when one side is a nice golden brown, turn them on the other, using a fish-slice, or a knife. Try if the flesh will leave the bones easily, to see if the fish is sufficiently cooked; when you find that it is done, take out the slices carefully with a fish-slice or large knife, lay them on a piece of soft clean paper on a sieve or dish before the fire, and sprinkle a little salt over them to absorb the fat. Arrange the pieces of fish on a dish, and garnish them with some leaves of well-washed parsley.

V. **To Clarify Dripping.**—To clarify dripping is to clear it of all bits and impurities; it can then be

used for pastry, puddings, frying, &c. Dripping should always be clarified, as if this is not done, there will be little pieces of roast meat or other food left in it, which will spoil the appearance and taste of many dishes. Dripping that has been used for frying should always be kept and clarified, it may then be used over and over again; but fat that has been used for frying fish must always be kept for that purpose only, as it would give other food a fishy taste.

Put the dripping that you wish to clarify into a saucepan; pour boiling water over it; let it boil for 20 minutes with the cover off, that the moisture may be carried away as steam; then pour it all into a basin. The fat, which is lighter than water, will rise to the top. When the dripping is cold you can take it off as a solid cake; scrape the under-side of the dripping, to take away the bits that will have settled there. Never waste any fat; save all that is left on the top of stock or broth, and clarify it. Take care of all pieces of fat that are not likely to be eaten; if a piece of meat is very fat, cut some of the fat neatly off before it is cooked, and render it in the following manner:—Cut it into small pieces, put it into a pan, cover it with cold water, do not put on the lid, and bring it *very slowly* to the boiling point; take off all the scum as it rises; draw the saucepan to the side of the fire, and let it simmer a few minutes; after it has cooled a little strain it into a basin.

#### QUESTIONS.

1. *How would you make Variety Soup?*
2. *How would you clean and dress plaice for frying?*
3. *How should fat be heated for frying?*
4. *How would you fry plaice?*
5. *Give directions for clarifying dripping, and why is this necessary? What is meant by “rendering” fat?*

## CHAPTER IX.—LESSON VI.

## BOILED COD. EGG SAUCE.



I. Cod.—Cod is a large sea-fish, found on the English and Newfoundland coasts. It can almost always be bought at a moderate price, but is nicest in winter. You can know if cod is fresh by pressing the flesh with your finger; if it is firm, the fish is a good one. In cold weather, cod-fish may be kept a day, without spoiling it; thus you might buy a piece in the market on Saturday, and this would be quite good for dinner on Sunday. When cod is plentiful, it costs from 4d. to 6d. per pound.

II. How to Boil Cod.—Well wash the piece of fish in cold water, carefully washing away any blood that may be left near the back-bone. If you have a fish-kettle, fill it with *cold water*, add a handful of salt, place the fish on the drainer, and put it into the fish-kettle. If you have no fish-kettle, use an ordinary large saucepan; put a clean cloth underneath the fish, and let the ends of the cloth hang over the sides of the saucepan; you can then lift the fish out without breaking it. Do not tie the fish in the cloth, that would prevent the scum from rising. Keep the cover on the pan or kettle. Put it on the fire, and let it come to the boil; take off all the scum that rises; simmer it till it is done. If it is a small piece of fish, it must be simmered about 10 minutes for each pound of fish; you must try if the flesh will leave the bones easily to find out if it is done. Then take it out on the drainer, be careful not to break it; let it drain a minute or two, the drainer being placed over a basin before the fire; then lay it on a dish, garnish it with parsley, and serve with some sauce, as it is rather a tasteless fish.

Boiled fish is not so nourishing or savoury as baked fish, as in boiling many of the nutritious juices escape

into the water, and so are lost. We must, however, have variety in our food, and boiling is a way of cooking which causes very little trouble or expense; which will also give you an opportunity of making some nice sauce to eat with the boiled cod. We will now tell you how to make

### III. Egg Sauce.

Ingredients.							Cost.
$\frac{1}{2}$ oz. butter	...	...	...	...	...	...	$\frac{1}{2}$ d.
$\frac{1}{2}$ pint milk	...	...	...	...	...	...	1
1 egg	...	...	...	...	...	...	1
Dessert-spoonful of flour—salt							...
							—2 $\frac{1}{2}$ d.

Boil a fresh egg for 12 minutes, that the yolk may set quite hard; put it on one side to cool a little. Put the butter into a small basin with the flour, and work them together with a wooden spoon till they are a firm paste. Put the milk into a small saucepan and let it boil, then pour it gradually on the flour and butter, stirring all the time; put the sauce into the saucepan, and bring it to the boil, taking care to stir it well. Cut the egg into small dice; when the sauce has simmered one minute and a half, add the egg and some salt to taste, stir all well together, and it is ready.

**IV. Why we Boil Flour in making Melted Butter and Sauces.**—Flour is largely made up of little cells of starch; in cooking flour we must cause those little cells to burst, and this can only be done by raising it to boiling point; the starch cells then swell and burst, and the contents mix with the water or milk, which becomes quite thick, as you will have noticed in making this sauce.

If we were to make the same with cold water it would not only be disagreeable to eat, but it would also be quite indigestible; the little starch cells could not burst, and if we were to eat them the heat of our bodies would not be sufficient to make them crack

and give out their starch, so it could not mix with our blood, and therefore would do us no good at all.

V. Starch.—We use foods containing starch because they give our bodies warmth and strength; the use of vegetable foods depends very much upon the starch they contain, but starch by itself is not a very useful food, as, though it gives warmth and force, it does not nourish the body. Among the most common plants furnishing starch are wheat, barley, rye, maize or Indian corn, oats, rice, millet, sago, and potatoes.

#### QUESTIONS.

1. *How can you tell if cod-fish is good?*
2. *Describe how you would boil cod-fish with and without a fish-kettle.*
3. *How is egg sauce made?*
4. *Of what do flour and bread most largely consist? Why is raw flour indigestible?*

---

### CHAPTER X.—LESSON VI. (CONTINUED).

#### B R E A D.



I. Wheat.—The flour we use in England is made from wheat. Wheat is largely grown by English farmers, but still more is imported from foreign countries; a great part of the wheat we use comes from America and from Russia, so, if the crop fails in England, bread does not become so very dear, as it used to do, as we can have a supply of wheat from other countries.

The best wheat is grown in warm countries; that which comes from Egypt, California, and Hungary is thought to be the best wheat in the world. A grain of wheat is more than half composed of starch; it contains also a small quantity of nitrogenous or flesh-forming substances, which support life in our



bodies, and make up for the waste of muscle in consequence of bodily labour.

II. **Flour.**—Wheat must go through many processes before it is made into flour; it is first mown with the scythe, or reaped with a sickle or a reaping machine. It is then threshed and winnowed by a flail or threshing machine, and a winnowing machine or fan; this is done to separate the husks or chaff from the grain.

It is then ground in a mill, and the bran, which is the outside of the grain, is separated from the white flour inside. Fine flour, or *firsts*, is that in which there is no bran at all; in *seconds* flour, there is a little bran, and in *thirds* there is still more. Seconds flour is the best for common household use, as it is cheaper, and contains more nourishment than the finest flour. *Whole meal* flour is made of the whole grain, and contains much bran. By many persons it is preferred to any other, but, as a rule, people in this country do not eat brown bread, in spite of its valuable and wholesome properties.

III. **Yeast.**—Yeast is a substance which is formed by the fermentation of wines and other fermented drinks. The yeast that we buy from the brewer is made from beer; it is often bitter, and so gives a bitter taste to the bread. This being the case, we will learn how to use German yeast, which is chiefly brought to this country from Holland; it is very good when it is fresh, and has no bitter taste.

#### IV. How to make Bread.

Ingredients.			Cost.
$\frac{1}{2}$ of a stone of flour ( $8\frac{1}{2}$ lbs.)	...	...	7d.
1 oz. German yeast	...	...	1
1 teaspoonful of salt	...	...	...
Some luke-warm water	...	...	...

---

8d.

Warm the pan in which you make the bread, also put

the flour in it to warm before the fire; make a deep hole in the centre of the flour, pour into this about-half a pint of luke-warm water. Dissolve 1 oz. of German yeast in a cup full of warm water, but not *too* warm or it will kill the yeast. Add this to the water which you have already put into the hole, then mix with it a little flour, so as to form a kind of batter; this is called *setting the sponge*. Sprinkle the salt on the flour round the edges, but do not let any fall on the yeast, as the salt would prevent the yeast from making the sponge rise. Set it near the fire for about ten minutes, till the batter has risen, then mix it with luke-warm water. We cannot tell you how much, for some kinds of flour take up much more water than others. When the dough is well mixed, *knead it well with clean fists*; it must be well kneaded to mix all the yeast thoroughly with the flour, so that all parts of the bread may rise well. Do not try to save yourself trouble, put your heart into your work and you will be rewarded by seeing it turn out well.

When the dough has been *well* kneaded, cover it with a cloth, and set near the fire to rise for one hour. Grease three small tins with dripping to prevent the dough sticking to them, and set them near the fire to warm. When the dough has risen for one hour, take it out of the tin and put it on a floured paste board; divide it into three equal parts. (The flour on the paste board prevents the dough from sticking to it.) Put each part into a tin, prick the top with a fork to let out the steam, let the tins then stand near the fire for twenty minutes, then put them into a brisk but steady oven, and bake them till done.

You may find out when the bread is baked enough by running a skewer into it; if the skewer comes out clear the bread is done, but if there is any dough sticking to the skewer it is not yet ready. The loaves should be of a bright brown colour when you take them out of the oven; tilt them on their edges to let the air get to every part of the crust, so that the

steam may pass away from it. Bakers use mashed potatoes in addition to the above, and a different kind of yeast.

### QUESTIONS.

1. *What do you know about wheat? What other cereals are used for food?*
2. *Describe the processes wheat undergoes to become flour, and what different kinds of flour are used?*
3. *How is yeast obtained? Of what use is it?*
4. *How would you make home-made bread? What does baker's bread contain besides?*

## CHAPTER XI.—LESSON VII:

### BROILED MACKEREL. SAUCE. TREACLE PUDDING.



**I. Mackerel.**—This is an excellent little sea fish, which is usually most plentiful in the early summer or latter end of June, but it may frequently be had at other seasons. It is never good unless quite fresh, as no fish is more quickly spoilt by keeping. When mackerel is quite fresh, it is bright and shining, and its body is stiff; when it is stale it becomes flabby and dull.

#### II.—How to Broil Mackerel.

	Required.	Cost.
1 Mackerel ... ..		6d.
Dripping ... ..		1
Pepper and salt ... ..		
		—7d.

Broiling really means cooking on a gridiron over a clear fire. This is a difficult thing to do, and all coals are not adapted for this mode of cooking, so you will be taught how to cook a mackerel before the

fire instead of over it. Your fire must be clear and bright, so as to cook the fish quickly, and you must lean the tin in which it is placed towards the fire, so that it may have as much heat as possible.

III. **How to prepare the Mackerel.**—Cut off the tail and fins, wash and clean it, and *dry it thoroughly* on a clean cloth; split it down the back with a sharp pointed knife, open it and take out the back bone. Grease an oval baking tin with dripping, place the mackerel on it, the back downwards, season the open part of the fish with pepper and salt, place on it a few small bits of clarified dripping to prevent it becoming dry, and put it to broil before the fire on a gridiron for about twenty minutes, or a shorter or longer time according to the size of the fish. This will be found to be a very savoury dish; a small tail end of cod, or a small haddock may be cooked in the same way.

#### IV. Sauce for Broiled Mackerel.

Ingredients.						Cost.
Mackerel Bones	...	...	...	...	...	
$\frac{1}{2}$ oz. butter	...	...	...	...	...	$\frac{3}{4}$ d.
Table-spoonful of flour	..	...	...	...	...	$\frac{1}{4}$
Salt	...	...	...	...	...	
$\frac{1}{2}$ pint water	...	...	...	...	...	

—1d.

Break up the bones that have been taken out of the mackerel, put them into a saucepan with rather more than half a pint of cold water, and bring it to the boil; simmer it for at least half an hour. Mix the flour and butter to a firm paste, using a wooden spoon, pour the boiling water from the fish bones on the flour and butter, stirring all the time to make it smooth. Put away the fish bones, return the sauce to the saucepan, and bring it to the boil and simmer it for one minute and a half. Add a little salt. We boil the fish bones in the water in order that we may have the taste of the fish in the sauce.

## V. Treacle Pudding.

Ingredients.						Cost.
$\frac{3}{4}$ lb. of flour	...	...	...	...	...	1 $\frac{1}{4}$ d.
$\frac{1}{4}$ lb. of suet...	...	...	...	...	...	2
$\frac{1}{4}$ lb. of treacle	...	...	...	...	...	1
1 egg	...	...	...	...	...	1
1 gill ( $\frac{1}{4}$ pint) of milk	...	...	...	...	...	$\frac{1}{2}$
A teaspoonful of baking powder						... $\frac{1}{2}$
A little grated ginger						
A pinch of salt						

—6 $\frac{1}{2}$ d.

Free the suet from skin and chop it finely, and mix it with all the dry ingredients. Beat up the egg. Add the treacle, milk, and egg to the dry ingredients, and mix all well together. Grease a pudding basin with dripping, put the mixture into it, and steam for two hours and a half. Put a greased paper on the top of the pudding, or a pudding-cloth that you have first dipped in boiling water and then wrung out, and dredged with flour. The reason why you grease or flour cooking utensils is to prevent what you are cooking from sticking to them.

VI. How to Steam the Pudding.—You may either steam the pudding by putting it into a steamer over a saucepan of boiling water, or you may place the pudding basin in a saucepan of boiling water, being careful that the water does not reach to the top of the basin, so as to touch the pudding; then let it boil *without ceasing* for two hours and a half. If the water leaves off boiling, the pudding will be heavy. If the water boils away much, add some *hot water* to it; if you were to add cold water it would stop the boiling and spoil the pudding.

VII. Suet.—Suet is that fat of oxen, sheep, or calves which is formed in large quantities about the kidneys. Beef suet is chiefly used for cooking; it is richer and better than mutton suet, and less expensive than veal suet. You may keep any trimmings of fat from beef

or mutton, and use them as suet for puddings or dumplings. Suet is a very useful food; it acts as a body warmer and as a force-producer. Fat is a necessary food to a healthy person; in cold countries the inhabitants eat a great deal of fat; it warms their bodies and makes them able to bear the cold, and do more work. Thus among the natives of the polar regions, the oil of the seal and even of the whale is consumed in very large quantities. On the other hand, if much fat is eaten in hot climates it brings on disease, as is often the case in India among people who have gone thither from England, &c. Some persons do not like fat, and cannot eat it in a simple state, but probably they could eat a well-made suet pudding, and they would be all the better for it.

## QUESTIONS.

1. *How do you tell if mackerel is fresh?*
2. *What is the proper way to broil a mackerel?*
3. *How should the mackerel be prepared for broiling?*
4. *What sauce would you use for this dish?*
5. *What is treacle pudding?*
6. *How would you strain a treacle pudding?*
7. *What is suet, and what is its use?*

## CHAPTER XII.—LESSON VIII.

## ROAST MEAT.



I. **Roasting.**—Roasting is a favourite, but not an economical, mode of cooking. It is not economical, because pieces of meat for roasting are taken from the best parts of the animal, and are therefore expensive, and to roast them well you must have a large, hot fire. There is also much waste, and you will find that a joint does not weigh nearly so much after it is roasted as it did before.

II. **How to choose Meat for Roasting.**—Meat for roasting must be taken, as you have already been told, from the best parts of the animal, as the best joints are those that are the tenderest, and have the finest grain; if you roast inferior, coarse-grained joints a great part of them will be so much dried up as to be almost uneatable. In choosing beef, buy that in which the fat and lean are nicely mixed; do not choose a very fat piece, or the fat will run away in dripping; nor a very lean piece, because it will be dry and tasteless. Mutton is more digestible than any other meat, and almost any part of it may be used for roasting, though some parts, being very fat, will waste a great deal. Veal and lamb are more expensive, and less nourishing than beef or mutton.

III. **Keeping Meat.**—Beef and mutton are much better for being hung before they are roasted; beef may be hung for two or three days, according to the weather, but mutton should be kept longer. Meat should be hung in a dry, airy place, where there is a draught, and keeps best in dry cold weather; hot, damp, and close weather are very bad for keeping meat. Veal, lamb, and pork should be eaten fresh, and should not be kept.

IV. **How to Roast.**—Roasting is cooking by the direct heat of the fire on the meat. You must have a *well made up, clear, hot fire*, and you must hang the joint before it, putting a hastener behind the joint, to keep in the heat. The meat must be fastened to a jack, and so turn round and round before the fire, that it may be cooked on every side. A dripping pan must be placed underneath to catch the dripping fat. Dredge the joint with flour first, and *place it close to the fire*, about four inches from the bars. The reason we do this is to harden the outside, and so prevent the nourishing juices from escaping from the meat; when the outside has been hardened the meat

must be removed farther from the fire and kept there till it is done.

*The joint must be well basted*; the more it is basted, the better it will be. If it is not very fat, put a few pieces of dripping about it, before you begin to roast it. The reason we baste the meat is to prevent it from becoming dry, and to keep in its full flavour. The usual time for roasting is a quarter of an hour to the pound of meat, and a quarter of an hour over. Thus, a piece of meat weighing 8 lbs. requires  $2\frac{1}{4}$  hours to roast, but you must use your judgment in cooking, and give a large thick joint more time to roast per pound than a small thin one.

V. **Gravy.**—The fat that drops from the roasting meat forms dripping, and you must take the juice of the meat to make gravy. First, you must pour away the hot fat into a basin, leaving the juice underneath; then you must dredge the dripping pan with flour, and pour in a little boiling water, mix all well together, and put it over the fire or stove to thicken, stir it well, add some salt, and pour it *round the meat*.

VI. **Baking Meat.**—In these days, what we call roast meat is more often baked in the oven than roasted before the fire. Baking is a more economical manner of cooking than roasting, as the meat wastes less; it is also less troublesome; but baked joints have never so fine a flavour as roast ones. Prepare the meat for baking in the same way as for roasting, by dredging it with flour; place it on a little stand above a baking tin, so that it may not be soddened by standing in the fat and gravy that run from it. Put it in a *quick oven* for ten minutes, to harden the outside of the meat, and to keep in the nourishment. Then decrease the heat of the oven by pushing in the damper. *Baste the meat often*, and when it is done sprinkle a little salt over it.

#### QUESTIONS.

1. *What do you mean by roasting?*



2. *How would you choose meat for roasting?*
3. *How may meat be best kept?*
4. *Describe how you would roast a rib of beef.*
5. *How is gravy made?*
6. *What is meant by baking meat?*

## CHAPTER XIII.—LESSON VIII. (CONTINUED).

### YORKSHIRE PUDDING. HARICOT BEANS.



## 1. Yorkshire Pudding.

Ingredients.						Cost.
1 egg	...	...	...	...	...	1d.
$\frac{1}{2}$ pint of milk	...	...	...	...	...	1
3 table spoonfuls of flour, salt	...	...	...	...	...	$\frac{1}{2}$
						--2 $\frac{1}{2}$ d.

This is a pudding that may be cooked under baked meat; it may be eaten with the meat or by itself. Beat the egg well, mix it with the milk, and add the egg and milk *gradually* to the flour, stirring all the time: put in as much salt as will cover a fourpenny piece; *beat all well together*. Beating the pudding mixes the air with it and makes it light, because in the oven the heated air expands and makes the pudding rise. It is better to make it some time before it is wanted, as it improves by standing before it is put into the oven. Pour it into a well-greased pudding tin. Put it into the oven and let it bake a quarter of an hour to set it, then take away the dripping pan and set the meat over the pudding, so that the gravy may drop into it; bake it under the meat for half an hour. The pudding should be put into the oven first three-quarters of an hour before the meat is done. Serve the meat and pudding on separate dishes.

**II. Haricot Beans.**—Haricot beans are much eaten on the Continent, but they are not nearly so well known in England as they ought to be. They are very nourishing, as they have both flesh-forming and heat-giving properties. They may be bought at flour-sellers' shops, and they cost generally about threepence a pint. Half a pint is sufficient for a good-sized dish, as they swell very much in cooking. Soak the beans all night in plenty of cold water to soften them and make them swell; in the morning drain off the water, and put them into a saucepan with some salt and plenty of cold water; let them boil for three or four hours. Very dry beans must be boiled longer than others.

#### QUESTIONS.

1. *Describe how you would make a Yorkshire pudding?*
2. *How are haricot beans cooked?*

#### CHAPTER XIV.—LESSON IX.

### BOILED BEEF. ONIONS. CARROTS. TURNIPS.



**I. Boiling Meat.**—When you boiled the bones to make stock for pea-soup you were taught to put them into cold water, so that the water might *extract* the nourishment from the bones; now you will be taught how to boil meat so as to keep the nourishment *in the meat*. In boiling meat *some* nourishment is sure to escape into the water; it is therefore very wasteful to throw away the water in which any meat has been boiled, as it should be kept to make into potato or pea soup. *Meat for boiling should be put into boiling water*; the boiling water hardens the outside of the meat, and so keeps in the nourishing juices.

After the meat has been put in, draw the pot to the

side of the fire and let it *simmer* three or four hours, according to the size of the joint; long, gentle simmering makes the meat tender; if you were to boil it fast you would make it stringy and tasteless. It is better to buy rather coarse meat for boiling, because it is less expensive than the superior joints, and it can be made very tender by long, *gentle simmering*. Meat wastes less in boiling than in roasting, and you can use the water in which it has boiled for soup, so it is a decidedly economical manner of cooking.

II. **Salt Meat.**—When meat has been salted before being boiled, it is usually more savoury than when it is boiled fresh; but salting the meat takes away some of its nutritious properties. If you boil meat that has not been salted, some salt must be put into the water.

III. **Vegetables.**—We boil vegetables with the meat to give it a nice flavour; the vegetables should afterwards be eaten with the meat, the carrots and onions placed round the dish, and the turnips mashed, with the addition of some pepper and salt, and a very little milk. The vegetables must all be put into the pot with *cold* water, and when the water boils the meat must be put in.

IV. **Onions.**—The onion is a nourishing vegetable; it possesses nitrogenous or flesh-forming properties; when raw it has a very strong taste and smell, but when boiled it is much milder. Onions are more digestible when boiled than when roasted or fried. The onion must be prepared by being washed and peeled; for eating with the beef the onion should be boiled whole. The onion contains a sharp volatile\* oil. When you peel the onion this oil escapes, and if it reaches your eyes draws tears to them. We dare say you have often seen people cry when peeling onions.

---

\* Oils are said to be volatile when they easily disappear and change under the action of heat.

V. Carrots.—Carrots are largely composed of water, but they have also heat-giving and, to a small degree, flesh-forming properties. The most nourishing part of the carrot is the red outside, therefore, in preparing carrots for boiling, you must take off as little of this as possible. Wash and scrub the carrots, then scrape them, cut them down the middle, wash them again, and put them into *cold water*; a little sugar in the water improves the flavour.

VI. Turnips.—Turnips contain more water than carrots, but when they are *well boiled* the solid part is nourishing and digestible. Prepare them for boiling by washing and scrubbing them, *pare them very thickly*, so as to take off the woody outside, cut them in halves, wash them again, and put them into *cold water*. Remember that soup in which turnips have been boiled soon becomes sour. When the beef is done the turnips should be taken out of the pot and the liquor drained from them; then they may be mashed as you have been told already.

VII. Boiling Vegetables.—You have been taught how to boil vegetables with beef, and that you must simmer these a long time so as to draw the flavour out of the vegetables; you will now learn the different times that vegetables require when boiled alone. Remember that *underdone vegetables are very indigestible*; they must be well cooked to make the little starch cells burst and give out their contents, that the heat-giving properties may become useful to the body. Vegetables that are old and woody require more boiling than those that are young and tender. *Old potatoes, carrots, turnips, parsnips, haricot beans, and onions*, must be put into *plenty of cold water* to give them room to swell.

Old potatoes require about twenty minutes. Carrots, about two hours. Turnips, about three quarters of an hour; or more if they are old. Parsnips, about an hour and a half. Haricot beans must be soaked

for twelve hours and boiled for three or four hours. Onions, about three quarters of an hour, or an hour.

The *exact* time cannot be given; that must depend on the age and size of the vegetables. Remember to put salt into the water in which these vegetables are to be boiled.

#### QUESTIONS.

1. *Why should beef for boiling be put into boiling water?*
2. *What effect has salting on meat?*
3. *How do you boil vegetables?*
4. *What do you know of the onion? What is a volatile oil?*
5. *What do you know of the carrot as an article of food?*
6. *How should turnips be cooked?*
7. *Why are ill cooked vegetables indigestible?*

---

#### CHAPTER XV.—LESSON IX. (CONTINUED.)

#### RICE PUDDING.



I. **Rice.**—Rice is a kind of grain grown in hot countries; it is chiefly cultivated in India and China, and also in the Southern States of North America and the West Indies. Rice will only grow well in a warm climate and in moist ground, as along the banks of rivers that flood. The successful rice farmer must keep his ground almost constantly flooded, and give every care and attention to his crop to keep it free from weeds. Rice is a most useful article of food; in India poor people eat scarcely anything else; when there is a dry season and no rain-fall, the rice crop is destroyed, and thousands of people die of starvation.

Rice is chiefly composed of starch; it contains but

little flesh-forming matter. Carolina\* rice is the most expensive and the best, but Aracan† or Patna‡ rice are both good and cheap. Like all foods containing starch, rice must be *thoroughly well cooked* before it is eaten.

It is said that a chicken might starve on a heap of corn, without sand and gravel to break up the food in the gizzard for digestion; so a man might almost starve on rice food alone. This was pointed out in the late famine in India, by the medical men, who said peas, beans, lentils, wheat or other flesh-forming food would have to be provided for the starving natives as well as bare rice.

## II. Rice Pudding.

Ingredients.				Cost.
1½	pints of milk	...	...	3d.
3	table spoonfuls of rice	...	...	$\frac{1}{2}$
1	dessert spoonful of chopped suet	}		$\frac{1}{2}$
2	table spoonfuls of moist sugar			—4d.

Wash the rice well in cold water; do not let it remain in the water long, as that would draw out the nourishment. Free the suet from all skin, and chop it very fine; flour your knife to prevent the suet from sticking to it. Grease a pie dish with a little dripping; put into it the rice, sugar, milk and suet, and mix all well together. Put it into a cool oven, and bake it *very slowly* for two or three hours. The excellence of this pudding depends on the baking. If the flavour is liked, a little nutmeg may be grated on the pudding before it is baked.

### QUESTIONS.

1. What do you know of rice, as food? Where is it most largely cultivated?
2. What should be the ingredients of a rice pudding?

\* North and South Carolina are two of the United States.

† Aracan is a town in British Burmah.

‡ Patna is a city in India, on the river Ganges.

## CHAPTER XVI.—LESSON X.

STEWED STEAK. BOILED CABBAGE.  
PORRIDGE.

I. *Stewing.*—Stewing is *long, gentle simmering*, in a small quantity of water. It is a very economical manner of cooking, as stewing will change tough, coarse meat into very tender and savoury food, and as it requires very moderate heat, a *small fire* is far better for the purpose than a large extravagant one, such as is required for roasting. The reason that gentle stewing makes tough meat tender is that it softens the fibres of the meat by moderate heat; whereas greater heat, such as is used in boiling or roasting, would harden them. A small quantity only of water must be used, because much water would make the meat tasteless, and the gravy very weak.

The great secret of successful stewing is to give the meat *plenty of time to cook*; no *exact* time can be given, but a piece of meat weighing three or four pounds should not be stewed for less than two hours and a half, or three hours. Such vegetables as carrots, turnips, onions, and celery, are a great improvement to stewed meat; they should be prepared in the same manner as for boiled meat.

II. *Stewed Steak.*—This dish does not require so much time as stews usually do; the recipe is given for only one pound of beef; if you use a larger piece, you must let it stew longer. Do not use the best steak for stewing; beef at tenpence per pound is quite good enough.

Ingredients.	Cost.
1 pound of beef ... ..	10d.
1 ounce of dripping ... ..	$\frac{1}{2}$
1 pint of weak stock ... ..	$\frac{1}{2}$
1 onion, 1 carrot, 1 small turnip, 1 stick of celery, 3 cloves, pepper and salt, 1 table spoonful of flour, and 1 dessert spoonful of catsup ...	1½
—1s. 0½d.	

You should take for this dish some weak stock made from bones or scraps of meat, like that you made for the Pea Soup; if you have no stock you may use water instead. Put the stock into a stewpan or saucepan, and let it boil. Mix the flour into a smooth batter with a little water, gradually pour on the boiling stock, return it to the saucepan, let it boil up again, then draw it to one side of the fire, and let it keep warm, but not boiling, and add to it the catsup.

Dredge the beef with flour; place it in a frying-pan with the dripping, and let it fry till it is nicely browned, then add it to the warm stock, put in the onion, which should be washed and peeled, and have the cloves stuck in it; cover the pan with the lid and let it simmer *very gently* for half an hour. Wash and prepare the vegetables, as you have been taught to do, cut them into small pieces, and fry them in the same frying-pan in which you fried the steak, but then add them to the beef; let all simmer gently for three-quarters of an hour longer, then add a little pepper and salt, and it is ready.

III. Cabbages.—The cabbage is not a nourishing vegetable; in fact, it is almost without either flesh-forming or heat-giving properties; it is also very indigestible. We might ask then, why does any one eat cabbages? Principally, of course, because they are an agreeable food; and they are also a useful food because they contain some vegetable salts, which are necessary to health; these vegetable salts are found



in many other plants besides the cabbage. If people live altogether without fresh vegetable food, or lime juice, they are subject to a disease called scurvy; this disease is only found in people who cannot get fresh vegetables.

IV. **How to Boil Cabbages.**—The cabbages must first be *well washed*, and left some time in salt and water to draw out the caterpillars, slugs, &c.; or you may put a table spoonful of vinegar into the water, which answers the same purpose. Let some water boil fast in a large saucepan; keep the lid on to make it hotter, and let it boil some time before you put in the cabbage. Put the cabbage into the water, and let it boil fast for twenty minutes, or half an hour, till it is tender, then take it out and drain it in a colander.

*Do not put the lid on the saucepan after you have put in the cabbage;* leaving the lid off improves both the taste and colour of the cabbage. Cabbages should be boiled in soft water; if the water is very hard add a piece of soda, the size of a hazel nut, to make it soft.

V. **Oatmeal.**—Oatmeal is much eaten in Scotland and the North of England; but as a rule this excellent food is not nearly so much used as it should be. It contains a large quantity of heat-giving and flesh-forming matter, it is very cheap, and it is decidedly the most economical food we have, as it will give the greatest amount of strength at the smallest cost. It is made from the oats which you have seen growing in the fields. Rather coarse Scotch oatmeal is the best for ordinary use; it should be *well boiled* or it will be indigestible.

#### VI. Porridge.

Ingredients.			Cost.
2 large handfuls of oatmeal	...	...	1d.
$\frac{1}{2}$ teaspoonful salt, and 1 pint of water			—1d.

Let the water boil in a saucepan, and add the salt; sprinkle the meal into the water with the left hand;

and with the right hand stir it with a wooden spoon. When all the oatmeal is sprinkled in, let it simmer for twenty minutes, stirring it often. Pour it into soup plates or basins, and eat it with treacle, or with milk and sugar.

#### QUESTIONS.

1. *What are the advantages of stewing meat over roasting?*
2. *How should a steak be stewed?*
3. *What kind of food is cabbage?*
4. *How should cabbages be boiled?*
5. *What kind of food is oatmeal?*
6. *How should oatmeal porridge be made?*

#### CHAPTER XVIII.—LESSON XI.

### IRISH STEW. ROLY-POLY PUDDING. S C O N E S.



I. Irish Stew.—Ingredients.		Cost.
1 lb. scrag end of neck of mutton	...	8d.
2 lbs. potatoes	... ..	2
2 onions, pepper, and salt	... ..	$\frac{1}{2}$
1 pint of water	... ..	
		—10 $\frac{1}{2}$ d.

Wash, pare, and parboil the potatoes; cut them into thick slices; put a deep layer of them at the bottom of a saucepan. Cut the mutton into nice pieces, season it well with pepper and salt, and lay it on the potatoes. Wash and peel the onions, cut them in slices and put them on the mutton, and place over all the remainder of the potatoes; pour in the cold water; put the lid on the pan, and let it simmer for at least an hour and a half.

## II. Roly-poly Pudding.

	Ingredients.	Cost.
$\frac{1}{2}$ lb. of flour	... ..	1d.
$\frac{1}{4}$ lb. of suet	... ..	2
Jam	... ..	2
A little salt and cold water	... ..	—5d.

Take away all skin from the suet, and chop it finely; flour your knife and board to prevent the suet from sticking to them. Mix the salt with the flour, and then rub in the suet *very lightly* with your fingers; make it into a paste with some cold water. Place it on a floured paste-board; roll it out; spread some jam upon it, and roll it up into the shape of a bolster; tie it up safely in a floured pudding-cloth; put it in boiling water, and let it simmer for two hours.

	Ingredients.	Cost.
$\frac{1}{2}$ lb. of flour	... ..	1d.
1 oz. of butter	... ..	1 $\frac{1}{2}$
1 tea-spoonful of moist sugar, 2 tea-spoonfuls of baking-powder, milk,		
a pinch of salt	... ..	$\frac{1}{2}$
		—3d.

Mix the salt and baking-powder thoroughly with the flour; then rub in the butter lightly with the tips of your fingers; add the sugar, and enough milk to make it into a stiff paste. Place it on a floured paste-board, roll it out into a round, cut the round in half, and divide each half into three pieces. Bake them at once for about a quarter of an hour or 20 minutes.

IV. Baking Powder. — Baking-powder is made chiefly of carbonate of soda and tartaric acid. When baking-powder is moistened, it gives out a gas, which tries to push its way out, and so raises the ingredients with which we have mixed the baking-powder. This action begins to take place directly the powder is moistened, and passes off in a little time; it is therefore necessary to bake food in which baking-powder is used, *as soon as possible after it is mixed.*

(N.B.—The teacher should show the class the action of carbonate of soda and tartaric acid on each other by mixing them in water in a glass.)

V. **Clean Hands.**—Always wash your hands well before cooking, and carefully clean your nails, especially when you are going to make anything like pastry or cakes, where your hands must often touch the ingredients. *Always use the tips of your fingers* in rubbing butter or dripping into flour; using the palm of the hand would make what you are cooking very heavy. Be careful that no *hairs* find their way into the dishes that you cook. Dirtiness in cooking is very disgusting, and you may be sure that no one will relish a dinner that they have seen cooked by dirty hands. Be careful, too, that your utensils are clean; do not use knives and spoons first for one thing and then for another, without cleaning them. Keep a special knife for cutting onions, as onions have a very strong taste, which is easily carried to any other food for which the onion knife may be used.

#### QUESTIONS.

1. *Describe how you would make an Irish stew.*
  2. *How would you make a "Roly-poly" pudding?*
  3. *How are scones made?*
  4. *What is baking-powder used for, and of what does it consist?*
- ♦

## CHAPTER XIX.—LESSON XII.

POOR MAN'S GOOSE.  
DRIPPING PASTE. CORN FLOUR.

## I. Poor Man's Goose.

Ingredients.	Cost.
1 lb. of pork scraps or pig's fry ... ..	7d.
2 lbs. of potatoes ... ..	2
3 onions, 3 leaves of dry sage ... ..	1
1 table-spoonful of flour, 1 tea-spoonful of pepper, 1 tea-spoonful of salt...	$\frac{1}{2}$
	—10 $\frac{1}{2}$ d.

Parboil the potatoes; that is, after having washed and peeled them, put them into a saucepan of cold water; bring it to the boil; then drain the water from the potatoes, which will thus be partly cooked. When you have parboiled the potatoes, cut them into slices. Crumble the sage, and mix it with the flour, pepper, and salt; cut the pork or fry into small pieces, and roll it in the mixture. Place in a deep pie-dish a layer of the seasoned meat. Wash, peel, and slice the onions, sprinkle the pork with part of the onions, then put in a layer of potatoes; next layers of meat, onions, and potatoes till the dish is full, and cover it with potatoes. Pour a *little* cold water into the dish to make gravy; put it into a moderately heated oven, and bake for at least one hour.

## II. Dripping Paste.—Ingredients. Cost.

$\frac{1}{2}$ lb. of flour ... ..	1d.
3 ozs. of clarified dripping ... ..	1 $\frac{1}{2}$
Half a tea-spoonful of baking-powder, a pinch of salt, cold water ... ..	

—2 $\frac{1}{2}$ d.

Thoroughly mix the flour, baking-powder, and salt together; rub in the dripping with the tips of your fingers, then mix it into a paste with cold water, using a knife for this purpose. Flour a paste-board;

put the paste on it and roll it out, then it is ready for use, and may be made into turnovers, pies, dumplings, or whatever else of this kind you wish. As the paste contains baking-powder, it must be put into the oven as soon as it is ready. *Be careful to handle pastry as little as possible, or you will make it heavy.* It is best to make pastry in a cold place; if you let the dripping become warm it will get soft, and you will then find it very difficult to rub it lightly into the flour.

**III. Corn Flour.**—Corn Flour is a starchy food resembling arrowroot; it is made from Indian corn or maize, which is chiefly grown in the warmer parts of America, and round the shores of the Mediterranean.

**IV. Maize.**—Maize is a very handsome kind of corn; it grows ordinarily from eight to twelve feet in height, and bears thick ears which are generally about a foot long. It grows best in warm countries, where the fields of maize form a striking feature in the landscape; our English summers are too cold for it. Maize is a plant of the greatest value; its ears yield various kinds of food, both for man and beast, and the dried husks of the corn are used as fodder for cattle, and also make clean comfortable mattresses. Maize contains more oily or fatty matter than almost any other vegetable, and is very nourishing.

**V. Cornflour Mould.**—Ingredients. Cost.

1 pint of milk . . . . .	2d.
2 table-spoonfuls of corn flour . . . . .	1
2 table-spoonfuls of sugar . . . . .	1
Lemon peel or cinnamon for flavouring	

—4d.

Mix the corn flour with a little cold milk into a smooth batter. Heat the remainder of the milk nearly to boiling point; then pour it gradually on the corn flour, stirring all the time; add the sugar and flavouring; return it to the saucepan; let all boil together for four minutes; stir it well while it is

boiling to prevent it burning, and sticking to the bottom of the saucepan. Take out the lemon-peel or cinnamon, and pour the corn flour into a mould.

*The mould must have been filled with cold water an hour before you want to use it; pour out the water just before you put in the corn flour; this is done to prevent the corn flour from sticking to the mould.*

#### QUESTIONS.

1. *What is "poor man's goose?"*
2. *How would you make dripping paste?*
3. *What is corn-flour?*
4. *What do you know of the maize plant? Where is it largely cultivated?*
5. *How is Cornflour Mould made?*

#### CHAPTER XX.—LESSON XIII.

### STUFFED SHEEP'S HEART. BOILED RICE. GINGER BEER.



#### I. Stuffed Sheep's Heart.

Required—	Cost.
1 sheep's heart ... ..	5d.
2 ozs. bread, a few table-spoonfuls of milk, a dessert-spoonful of chopped suet, a dessert-spoonful of chopped parsley, a little thyme, pepper and salt ... ..	1
1 oz. of dripping for basting ... ..	$\frac{1}{2}$
	—6 $\frac{1}{2}$ d.

Clean the heart well by removing the blood from the vessels; do this by pressing it with your fingers; then put the heart into a saucepan of boiling water, and let it simmer for half an hour. In the meantime prepare the stuffing thus:—Soak the bread in the

milk till it is soft. Chop the suet very finely, having first freed it from skin. Wash the parsley well, dry it by squeezing it in the corner of a cloth, and chop it finely; wash, dry, and chop a very little thyme in the same manner. Mix altogether the bread, suet, and herbs, and add pepper and salt. When the heart has simmered half an hour take it out of the water, let it cool, then put in the stuffing with a wooden spoon; place it in a baking tin with the dripping, bake it for half an hour, and baste it very often to prevent it becoming dry.

II. **Boiled Rice.**—Patna rice is the best for boiling; it is cheaper than Carolina rice, and the grains separate better. Take  $\frac{1}{2}$  lb. of rice for a moderate-sized dish; wash it well in cold water. Dip a pudding-cloth into boiling water, dredge it with flour, tie up the rice in it *very loosely*, so as to leave plenty of room for the rice to swell. Put it into a saucepan of fast-boiling water, let it boil till it has swollen enough to fill the cloth, which will be in about twenty minutes or half an hour; turn it out on a dish, and eat it with treacle or butter and sugar, or you may eat it with meat as a vegetable. The rice should look quite white, and the grains should be well separated.

III. **Ginger Beer.**—This is an excellent and refreshing drink. Great care should be taken to have good corks, and to fit them tightly into the bottles; the success of this recipe depends greatly on the bottling.

Ingredients.	Cost.
2 lbs. loaf sugar ... ..	8d.
1 lemon ... ..	1
1 oz. of ginger ... ..	1
2 dessert-spoonfuls of brewer's yeast...	$\frac{1}{2}$
8 quarts of water... ..	—10 $\frac{1}{2}$ d.

Break and bruise the ginger. Cut the lemon in slices. Boil the sugar, ginger, and lemon in half the water



for twenty minutes, then add this to the remainder of the water; put it into a large basin or pancheon. When it is luke-warm add the yeast; put a cloth over it to keep off the dust; let it stand all night to let the yeast work; bottle it next morning; be careful to tie down the corks firmly with string. It will be ready to drink in three days, or in a shorter time if the weather is very warm.

#### QUESTIONS.

1. *How would you stuff a sheep's heart?*
2. *How would you boil rice?*
3. *Describe the way in which you would make ginger beer.*

#### CHAPTER XXI.—LESSON XIV.

### LIVER AND BACON. HOW TO POACH AN EGG. TAPIOCA PUDDING.



#### 1. Liver and Bacon.

	Required.	Cost.
1 lb. of sheep's liver	... ..	8d.
$\frac{1}{2}$ lb. of bacon	... ..	4
1 dessert spoonful of flour	... ..	
$\frac{1}{2}$ pint of cold water	... ..	
Pepper and salt	... ..	

—1s.

Wash and dry the liver, cut it into moderate sized pieces, and dredge them with flour. Cut the bacon into thin slices; make a nick in the rind to prevent it curling up; put it into a clean frying-pan, and fry till it is a light brown colour; then put it in a hot dish in front of the fire. Place the liver in the frying-pan, and fry it in the bacon fat till it is brown and well cooked. Lay the pieces of liver on the bacon, pour

off the fat from the frying-pan, but leave in the gravy, and add a thickening made of the flour and water mixed smoothly together, stir this in the pan, let it boil, season it with pepper and salt, and pour it on the liver and bacon. Take care of the fat that you pour off, clarify it, and use it for frying.

II. The Nourishment in an Egg.—The kind of nourishment we obtain from an egg is different from that which we get from vegetable-starch foods. An egg consists largely of albumen, which is nitrogenous or flesh-forming; it also contains some fatty matter which is useful in warming the body, but we do not find any starch in an egg. Starch is a purely vegetable production, that in vegetables takes the place of fat in animals, and when eaten gives heat and force to the body. When animals eat starch food, any part of the food which is not consumed in warming and giving strength to the body is chiefly changed into fat. Thus starchy foods are very fattening. This is why pigs fed on meal get fat. An egg should not be boiled hard; long boiling hardens the albumen in the egg, and makes it indigestible.

III. How to Poach an Egg.—Be careful that the egg is fresh; break it carefully into a cup. Have ready a shallow pan (a frying-pan or a stew-pan) containing boiling water, slip the egg into the water, taking care not to break the yolk, and let it remain in the boiling water on the fire for about three minutes and a half, until the white is nicely set. Take it out with a fish slice, set it on a cloth for a minute to let the water drain from it, then serve it on a dry or buttered toast.

IV. How to make Toast.—Every woman thinks she can make toast, still we rarely find it really well made. Cut some slices from a *stale* loaf; the slices should not be thick except when you wish to use them for putting under poached eggs or bacon; for that purpose thick toast is the best. Be careful that

the fire is bright and clear; put a slice of bread on a toasting fork, and hold it near the fire till it is evenly brown and crisp; then turn it on the other side and do the same. When the toast is done put it into a toast rack if you have one; if not, lean it against something, or lean two slices against each other, but do not lay it flat, or you will make it flabby. Toast should never be made till it is wanted, as it spoils if kept waiting.

V. How to Boil an Egg in its Shell.—Have ready a small saucepan of boiling water, put the egg into it carefully with a spoon, so as not to crack it; let it boil for three minutes and a half.

VI. Tapioca.—Tapioca is a wholesome and nourishing farinaceous or floury food, made from the root of the manioc or cassava tree, which is a native of the hot parts of America. It contains a great deal of starch, and therefore requires thorough cooking to make it digestible.

#### VII. Tapioca Pudding.

Ingredients.				Cost.
1 pint of milk	...	...	...	2d.
2 table spoonfuls of tapioca	}			1
2 table spoonfuls of moist sugar				
				—3d.

Wash the tapioca well in cold water, then let it soak in the milk for at least half an hour; put it with the milk into a small saucepan and let it *simmer gently* till it is quite tender. Stir it often to prevent it sticking to the saucepan and burning; when it is tender add the sugar and a little nutmeg, if it is liked. Grease a pie dish, put in the tapioca, and bake it for about half an hour in a *very slow oven*.

#### QUESTIONS.

1. How would you fry liver and bacon?
2. What kind of food does an egg contain?
3. How would you poach an egg?

4. *Describe how you would make toast.*
5. *How long would you boil an egg?*
6. *What do you know of tapioca?*
7. *How would you make and cook a tapioca pudding?*

## CHAPTER XXII.—LESSON XV.

TRIPE. PLUM PUDDING.  
SAVOURY RICE.



**I. Tripe.**—Tripe is prepared from the stomach of the cow. We do not buy it in its natural state, for, before it is sold, it is cleaned and boiled by tripe-dressers. It is usually sold at from 4d. to 8d. per lb., according to its quality; the “honey-comb” part is generally thought to be the best. Tripe is a very digestible food, and is therefore wholesome.

**II. Tripe and Onions.**

	Required.	Cost.
1 lb. of tripe ... ..	...	6d.
1 pint of milk ... ..	...	2
3 large onions ... ..	...	1
1 table-spoonful of flour ... ..	...	
Pepper and salt to taste ... ..	...	

—9d.

Cut the tripe in pieces about three inches square; put it into a saucepan, with enough milk and water to cover it entirely; let it come to the boil, and then simmer gently for half an hour. Boil the onions till they are quite soft. Mix the flour with a little cold milk to a smooth batter, and put it into the saucepan with the tripe; then add the onions, which must be cut into very small pieces; season with pepper and salt. Let it all come to the boil, and when it has simmered two or three minutes, take out the pieces

of tripe, put them on a dish, and pour over them the onion sauce.

### III. Plum Pudding.

Ingredients.	Cost.
$\frac{1}{4}$ lb. of suet ... ..	2d.
$\frac{1}{4}$ lb. of currants ... ..	1
$\frac{1}{4}$ lb. of raisins ... ..	1
$\frac{1}{4}$ lb. of flour ... ..	$\frac{1}{2}$
$\frac{1}{4}$ lb. of moist sugar ... ..	1
5 ozs. of bread crumbs, milk to mix it, as much grated nutmeg as will lie on a fourpenny-piece, a pinch of salt, half a teaspoonful of baking- powder ... ..	$1\frac{1}{2}$ —7d.

Wash the currants well in cold water, dry them on a cloth, and pick out all bits of stalk and stone. Cut open the raisins, and take out the stones. Free the suet from skin, and chop it finely. Mix the baking-powder and salt with the flour, then add the rest of the dry ingredients; mix these well together, then add to them enough milk to make all into a stiff paste. Grease a pudding-basin, and put in the mixture; dip a pudding-cloth into boiling water, then dredge it with flour; tie it over the pudding, which must be plunged into boiling water at once, and be kept boiling for at least four hours.

### IV. Savoury Rice.

Ingredients.	Cost.
2 ozs. rice, 1 onion ... ..	$\frac{1}{2}$ d.
1 oz. strong cheese (grated) ... ..	$\frac{1}{2}$
1 pint of stock ... ..	$\frac{1}{2}$
Pepper and salt ... ..	— $1\frac{1}{2}$ d.

Wash, peel, and chop the onion. Wash the rice well in cold water, then put it into a saucepan with the stock and the onion; bring it to the boil; let it simmer gently for one hour. Grate the cheese on a

coarse grater, add it to the rice and stock, then let all simmer together for another hour; then add pepper and salt, and serve the rice on a dish or soup-plate.

This is a very good dish, which is excellent for supper; it costs very little, and contains much nourishment, as the rice has heat-giving, and the cheese flesh-forming properties.

#### QUESTIONS.

1. *What is tripe?*
2. *How would you cook tripe and onions?*
3. *How would you make a plum pudding? How long would you boil it?*
4. *How do you make savoury rice? Why is it a nourishing food?*

#### CHAPTER XXIII.—LESSON XVI.

### COTTAGE PIE. CAKE. CITRIC DRINK.



I. Cottage Pie.—This dish may be made either of cold meat or Australian mutton; it is a very good way of warming up any kind of cold meat.

Ingredients.		Cost.
$\frac{1}{2}$ lb. cold meat	... ..	7d.
Potatoes	... ..	1 $\frac{1}{2}$
1 onion, a few sprigs of parsley	} ..	4
Pepper and salt		
A little gravy		

—9d.

This is less expensive if made of Australian meat. Free the meat from all skin and gristle, chop it finely, and season it with pepper and salt; wash, peel, and chop the onion finely; wash, dry, and chop the parsley. Mix these with the cold meat, and put the

mixture into a pie dish, add a little gravy, or, if you have no gravy, a little cold water; cover it with mashed potatoes, and bake it for half an hour, or till the potatoes are brown.

II. How to Mash Potatoes.—Pare the potatoes very thinly, put them into a saucepan with plenty of cold water, and a teaspoonful of salt; bring them to the boil, then let them simmer till they are tender. Try them to see if they are cooked enough, by putting a fork into them; if the fork goes in quite easily they are tender. Drain the water from them and let them stand on the hob by the fire for ten minutes, covering them with a cloth. Put them into a basin, break them up with a potato-masher if you have one, if you have not a potato-masher use a wooden spoon; then add to them one or two table spoonfuls of milk and half an ounce of clarified dripping, and mash all well together. Use *two forks* for this purpose, as you will take less time and make the potatoes lighter than if you use only one.

### III. Cake.

Ingredients.						Cost.
$\frac{1}{2}$ lb. of flour	...	...	...	...	...	1d.
2 ozs. clarified dripping	...	...	...	...	...	1
1 egg	...	...	...	...	...	1
$\frac{1}{4}$ of a pint of milk	...	...	...	...	...	$\frac{1}{2}$
$\frac{1}{4}$ of a lb. of currants	...	...	...	...	...	1
$\frac{1}{4}$ of a lb. of moist sugar	...	...	...	...	...	$\frac{1}{4}$
1 teaspoonful of baking powder	}					...
A pinch of salt						
A little nutmeg						

—5 $\frac{1}{2}$ d.

Rub the dripping lightly into the flour with the tips of your fingers; be careful that your hands and nails are very clean; mix the salt and the baking powder and a little nutmeg. Wash and pick the currants and dry them in a cloth; mix them with the dry ingredients, and add the sugar. Mix all well together.

Beat up the egg in a basin, add the milk to it, then mix the milk and the egg thoroughly with the dry ingredients. Grease a baking tin, put in the mixture, and bake it at once for about three-quarters of an hour. Try if the cake is baked enough by running a clean skewer into it; if the skewer comes out quite clear the cake is done, but if any dough sticks to the skewer the cake is not yet baked enough. When the cake is taken out of the oven, remove it from the tin at once, or it will stick to it then tilt it up so that the steam may pass away from all sides of the cake.

IV. Citric Drink.—This is a delicious beverage or drink, which is very good in cases of illness for thirsty patients, and most excellent in hot weather. Citric acid, which is used in making this drink, is an acid which is found chiefly in lemons; it has a very sour taste and dissolves easily in water. It may be bought from any chemist.

Ingredients.			Cost.
1½ oz. of powdered citric acid	...	...	3½d.
23 drops of essence of lemon	...	...	½
2 lbs. of lump sugar	..	...	8
1 pint of water	...	...	—1s.

Boil the sugar in the water till it is quite dissolved and has become a thick syrup, stir it very often while it is on the fire, then pour it into a jug. Rub the essence of lemon and the citric acid together in a mortar with a pestle, or in a basin with a spoon, add it to the sugar and water, stir all well together and put it into bottles; it will keep for a long time. When you wish to use it put one table-spoonful of the citric drink into a tumbler, and fill it up with cold water.

#### QUESTIONS.

1. *How do you make cottage pie?*
2. *Describe how you would prepare mashed potatoes?*



3. What is "cake," and how is it made?  
 4. Describe how you would make citric drink; and for what is it useful?

## CHAPTER XXIV.—LESSON XVII.

MEAT PIE. PANCAKES. STEWED  
MACCARONI.

## I. Meat Pie.

Ingredients.	Cost.
1½ lb. of beef ... ..	1s. 3d.
½ lb. of flour ... ..	1
3 ozs. of clarified dripping ... ..	1½
½ a teaspoonful of baking powder }	
A pinch of salt }	¼
Pepper and salt }	
	1 5¼d.

Beat the meat well with the flat side of the chopper, this helps to make it tender; season it with pepper and salt, and put it into a deep pie-dish. If you like the flavour, put in an onion, which may either be sliced or put whole into the middle of the pie. Of course, the onion must first be well washed and peeled. When the meat has been placed in the pie-dish, pour in a little cold water to make the gravy.

II. Crust for the Pie.—Rub the dripping lightly into the flour with the tips of your fingers, which must be very clean; mix in the salt and the baking powder, then add enough cold water to make it into a paste, put it on a floured paste board and roll it out. Wet the edge of the pie dish and put on it a rim of the paste, then cover the pie with the rest of the paste, and cut it neatly round the edges.

In cutting the paste be careful to lean your knife away from the pie, so as to leave the paste cover a

little larger than the dish. If you do not do this the paste will shrink in and will make the pie look very untidy. Make a hole in the crust to let out the steam. Put the pie into the oven and bake it one hour and a half. At first the oven should be rather hot to fetch up the crust, but afterwards it should be moderate, so that the meat in the pie may be thoroughly and slowly cooked. If the oven is so hot that the crust is likely to be burnt, put a paper over it.

Meat pies should have thick crusts, and fruit pies thin ones. Do not make a hole in the top of a fruit pie; if you make a hole the steam will escape and the crust will sink with the fruit and become "sad," but if you do not make a hole the steam from the fruit cannot escape, and it will push up the pie crust, and will not allow it to sink.

### III. Pancakes.

Ingredients.						Cost.
1 egg	...	...	...	...	...	1d.
$\frac{1}{2}$ a pint of milk	...	...	...	...	...	1
4 table spoonfuls of flour	}					1 $\frac{1}{2}$
Lard for frying						—3 $\frac{1}{2}$

Beat the egg well, mix the milk with it, then add them gradually to the flour, mixing it altogether very smoothly; beat the mixture well to make it light. If you can spare the time let it stand an hour or more before you fry the pancakes.

IV. Frying the Pancakes.—Be careful that the frying-pan is *very clean*; melt in it a piece of lard or clarified dripping the size of a walnut. Mind that the melted lard covers all the pan, or the pancake will stick to it; then pour in enough batter to cover thinly the bottom of the frying-pan. When the batter is set, and the under side has become brown, turn the pancake with a slice or knife, and let it brown on the other side. A fresh piece of lard must be used for each pancake. The pancakes must be

served immediately, and eaten with sugar and lemon or orange juice, or with preserve. The fire for this and for every kind of frying should be bright and clear.

**IV. Maccaroni.**—Maccaroni is a dried paste made of flour and water; it is chiefly manufactured in Italy, where it is a favourite food. As it is made of flour it is, of course, very nourishing, but it is not so much eaten in this country as it should be. It is an excellent variety of food, and can be used both for sweet and savoury dishes.

**V. Savoury Maccaroni.**

Ingredients.	Cost.
$\frac{1}{2}$ of a lb. of maccaroni... ..	1 $\frac{1}{2}$ d.
1 pint of stock ... ..	1
$\frac{1}{2}$ oz of butter ... ..	$\frac{1}{2}$
Dessert spoonful of flour ... ..	
Pepper, salt, a little catsup... ..	

—3d.

Wash the maccaroni in cold water, but do not let it remain in the water long. Put it into a saucepan with one pint of nicely flavoured stock; let it come to the boil, and then let it simmer for an hour. Mix the flour and butter in a basin with a wooden spoon till they form a firm paste; mix them gradually with a little of the boiling stock, in which the maccaroni is simmering, then add the mixture to the maccaroni, bring it to the boil and let it simmer for a quarter of an hour; then add pepper and salt and a teaspoonful of catsup, if you have any. Serve the maccaroni with the gravy in a dish.

**QUESTIONS.**

1. *How would you make a meat pie?*
2. *Describe how you would make the crust.*
3. *What ingredients are required for pancakes?*
4. *How would you fry pancakes?*
5. *What is maccaroni?*
6. *How would you make savoury maccaroni?*

## CHAPTER XXV.

HINTS ON THE  
MANAGEMENT OF A SICK ROOM.

---

Habits of cleanliness and order are necessary in every-day life, but they are more important than ever in the management of a sick room, where dirt may not only hinder the recovery of the patient, but in some cases may give rise to the spread of disease; and in all cases dirt in a sick room is a source of discomfort both to the nurse and to the patient.

Do not leave dirty clothes in the sick room; let them be taken away and washed as soon as possible. In cases of fever the clothes worn by the patient, and his bed-clothes, when taken off, should at once be put into a tub of water, to which should be added a small quantity of Condly's disinfectant fluid, or carbolic acid; they should never be sent away to be washed, as sending dirty clothes about is a fruitful source of the spread of fever. Do not leave dirty cups, plates, &c., in the patient's room; in fever cases they should at once be put into water after the patient has done with them, and no one else should use them.

Do not leave food in the room; this would take away the patient's appetite, and the food would quickly spoil by being kept in the impure air. In fever cases infection would spread from this cause; the food that has been left in the room, if eaten by healthy persons, would probably give them fever.

Milk especially is an active agent in spreading fever; it seems to have the power of absorbing infectious germs and increasing their number, so that it may be said to be a kind of leaven of infection, when it has been left in the room of a fever patient.

Fresh air is a necessary of life to healthy persons, and much more so to those who are ill; it is useless to expect a patient to recover who is kept in a hot close room, breathing over and over again the impure air that would make a healthy person faint; you cannot wonder that patients kept in this state have no appetite or vigour. *You must have pure air in the sick room*; there must be two openings to let the fresh air come in and the impure air go out, such as a window that is open *top and bottom*, or an open chimney and door. A fire helps to make a current of air in the room. Though you must have fresh air passing through the room, you must not let the patient lie in a draught; you can easily arrange that with a little care. If possible do not let any one sleep in the same room with a sick person; it would be bad for both. Over-crowding in bed-rooms is very bad for healthy persons; they have not enough fresh air to breathe, and so must use over again the air that has already been into the lungs of others; then they waken in the morning feeling heavy and unrefreshed. If this is bad for the healthy, it is *much* worse for those that are ill.

Patients must have as much rest as possible, both in mind and body; for the mind and body are so closely connected, that the body cannot be restored to complete health while the mind is troubled and restless. Do not argue with sick persons; do not always be asking them what they will have to eat, and how they are; do not let friends and neighbours stand round the bed looking at the patient; be kind and sympathizing, and try to do what the patient wishes without troubling him or her by questions and enquiries. Do not whisper, but speak in a clear and natural voice. Do not talk about the patient either in the room or just outside the door; nothing is more aggravating, and likely to do harm to the patient. Do not steal about on tip-toe; be quiet, but natural.

In fever cases do not let any woollen materials

remain in the room; infection clings to these, and they cannot be so readily washed as linens and calicos. Take away any bed-curtains, carpets, or valances, for the same reason; but of course I do not mean that you are to take away curtains that are necessary to shield a patient from too much light. In nursing any one suffering from illness, particularly fever, it is best to wear a clean, neat, washing dress.

## CHAPTER XXVI.—LESSON XVIII.

*SICK ROOM COOKERY.*

BEEF TEA. BARLEY WATER.  
ARROWROOT. APPLE WATER.



**I. Food for the Sick.**—Good cooking is of great importance to persons in good health, but it is much more important to those who are ill, and who are not strong enough to digest ordinary food, even if it is properly cooked. Take care to find out the kind of food that is easiest to digest, and that which the patient likes best, and cook it as well as you can, so as to give him or her as much nourishment as possible with the least trouble to the digestive organs. Be careful that the food is the best that you can get.

Take care always to taste milk before giving it to the patient, so that you may be sure that it is perfectly good; bad or unsuitable food may often cause the death of a patient who would otherwise recover. The doctor will advise the kind of food that is to be given, and you must try to carry out, as well as you can, what he orders.

**II. Change in Food.**—Let the patient have as much change of food as possible; do not let him go on with the same kind of food, however nourishing it may be, till he is disgusted with it, and will take it no more.

**III. Greasy and Sweet Dishes.**—Never give any one who is ill fat or greasy dishes; fat is difficult for a healthy stomach to digest properly, and of course it is much worse for a weak one. Sweet foods are also generally very distasteful to an invalid; many persons who are fond of sweet things when they are well, cannot take them when they are ill.

**IV. Smell of Cooking.**—If possible, do not let a patient smell his food while it is being cooked, or he may be disgusted with it before it is brought to him. A little dish brought in as a surprise will often tempt a patient to eat, who had no appetite before. Remember this when your neighbours are ill, and see if you can take them some tempting little meal.

**V. Punctuality.**—Bring the patient's food to him at regular times; never let him wait for it. Do not talk to him about the food beforehand, and ask him what he will have, and when he will have it? That would trouble and vex the patient, and tend to take away his appetite.

**VI. Serving the Food.**—Be careful that you make the food of a sick person look as dainty and tempting as possible; take care that everything is as nice and clean as it can be.

VII. Beef Tea.	Ingredients.	Cost.
$\frac{1}{2}$ lb. of lean beef	... ..	4 $\frac{1}{2}$ d.
Half a pint of water	... ..	
		—4 $\frac{1}{2}$ d.

In making beef tea you must try to get as much nourishment as possible out of the meat; the best beef for beef tea is that which is cut from the shoulder, as it is leaner, and contains more nourishment than the other parts. Free the beef from all fat and skin, mince it very finely, put it into a jar, pour half a pint of cold water on it, and let it stand for three-quarters of an hour; then add a pinch of salt, and put on the lid of the jar if it has one; if it has no lid, tie a cloth over it; then cover the lid or cloth with a thick paste made of flour and water; this is to prevent any steam from coming out of the jar. Place the jar in a saucepan of boiling water that covers about three-quarters of the jar, and let the water boil for three-quarters of an hour. Take off very carefully any fat that is on the top of the beef tea, pour the beef tea into a basin, and it is then ready.



**VIII. Barley Water.**—This is a wholesome drink, and very useful to quench the thirst of feverish patients.

**Ingredients.**

1 table-spoonful of pearl barley.

1 pint of water.

A little lemon juice and sugar to taste.

Put the barley into a saucepan with one pint of cold water, bring it to the boil, then strain it, as the first water is unwholesome; add another pint of cold water to the barley, bring it to the boil, and let it simmer for half an hour. Strain it into a jug, add a few drops of lemon-juice and a little sugar, but do not make it too sweet.

**IX. Arrowroot.**—Arrowroot is a very pure starch food; it is made from the roots of certain plants that grow in tropical countries. Arrowroot may be prepared either with milk or with water, as may be preferred.

**X. To Prepare Water Arrowroot.**—Put on half a pint of water to boil in a saucepan. Mix a dessert-spoonful of arrowroot into a smooth thick paste with a little cold water, add a little more cold water to thin it, then pour on the boiling water very gradually, stirring all the time; return it to the saucepan, and boil it for one minute; pour it into a basin, sweeten it to your taste, and, if you think well, flavour it with a little orange or lemon juice.

**XI. Milk Arrowroot.**—This is prepared in the same manner as water arrowroot, milk being used in the place of water; orange or lemon juice must not be added to arrowroot made with milk, as it would then curdle.

**XII. Apple Water.**—This is an easily made and agreeable drink, which, as it is rather acid, is very refreshing to feverish patients. Pare and slice two or three sharp apples, put them into a jug, and pour over them one pint of boiling water; add sugar to

taste; cover the jug, and let it stand till cool, then strain the apple-water.

### QUESTIONS.

1. *Why should the sick have their food well cooked?*
2. *Why is a change of food necessary for the sick in particular?*
3. *What kinds of dishes should not be sent into the sick room?*
4. *How would you tempt the sick to partake of food?*
- 5—6. *When and how would you serve up food to the sick?*
7. *How would you make beef tea for a patient?*
8. *How is barley water made?*
9. *How would you prepare arrowroot for the sick?*
10. *How is water arrowroot made?*
11. *How would you make milk arrowroot?*
12. *Describe how apple-water should be made.*

### CHAPTER XXVII.—LESSON XIX.

#### BEEF TEA MADE QUICKLY. IRISH MOSS. GRUEL. RICE WATER.



**I. Beef Tea made Quickly.**—This is a recipe to make beef tea when you have not enough time to make it in the way you were taught in the last lesson.

Ingredients.		Cost.
$\frac{1}{4}$ lb. of lean beef	... ..	2 $\frac{1}{4}$ d.
1 gill of water	... ..	—2 $\frac{1}{2}$ d.

Take away all fat and skin from the beef, chop it very finely. Put the beef into a small saucepan, put on the lid and place it on the fire, stir it very often to prevent the meat from sticking to the bottom, steam

it in this manner for five minutes, then add one gill of cold water, stir it well, and let it simmer gently for ten minutes, strain it, and if there is any fat on the top remove it carefully.

**II. Irish Moss.**—Irish moss, or carrageen, is a kind of seaweed, which contains a large quantity of vegetable jelly, and is a nourishing and agreeable food, when it is properly prepared. It is collected on the sea shore, washed, and dried; in the dried state it can be bought from any chemist, and is inexpensive.

### III. How to Prepare Irish Moss.

Ingredients.				Cost.
$\frac{1}{4}$ of an oz. of Irish moss	...	...	...	1d.
1 pint of new milk	...	...	...	2
Sugar to taste	...	...	...	—3d.

Soak the moss in cold water for ten or twelve hours, change the water several times to take away any unpleasant taste, then drain the moss and pick away any impurities or discoloured pieces. Put it into a small saucepan with one pint of milk; let it come to the boil, then simmer it for a quarter of an hour till the moss is quite dissolved in the milk, stirring it all the time. Sweeten it to your taste. This moss may be eaten hot, or it may be put into a mould (which has previously been wetted with cold water) and turned out when it is cold. If you wish to flavour the moss, you may boil a piece of lemon rind with it, which should be taken out when you take the moss off the fire.

### IV. Gruel.—Ingredients.

- 1 table spoonful of oatmeal.
- 1 pint of boiling water.
- 2 table spoonfuls of cold water.
- Sugar or salt.

Mix the oatmeal smoothly with two table spoonfuls of cold water, then pour on the boiling water

gradually, stirring it all the time; put it into a small saucepan, bring it to the boil, and let it simmer for half an hour, stirring it very often to prevent it burning and to make it smooth. Serve it with sugar or salt. If the oatmeal is very coarse, the gruel should be strained.

V. Rice Water.—Ingredients.

1 oz. of rice.

A small piece of cinnamon.

1 pint of cold water.

Sugar to taste.

Wash the rice well in cold water; drain away the water, and put the rice into a small saucepan with one pint of fresh cold water and about a quarter of an inch of cinnamon, bring it to the boil, and let it simmer for an hour; strain the rice water into a jug, add sugar to taste and leave it to cool. This drink is often recommended in cases of diarrhoea, but it must not be drunk whilst it is hot, as hot things are very bad for that complaint.

QUESTIONS.

1. *How would you make beef tea quickly?*
2. *What is Irish moss?*
3. *How is it used as food?*
4. *How would you make a basin of gruel?*
5. *Describe how you would make rice water.*

## CHAPTER XXVIII.—LESSON XX.

BROILED MUTTON CHOP. BOILED  
CUSTARD. LEMONADE. TREACLE  
POSSET.

**I. Broiled Chop.**—The proper way of broiling or grilling a chop is on a gridiron, but, as you have already been told, all coals are not suitable for this manner of cooking. A gridiron should never be used except over a clear fire, without smoke or flame. Before grilling a chop make the gridiron quite hot, place the chop on it, let it cook for about ten minutes or a little longer, according to its size, turn it three or four times, using a knife and spoon, but *be careful never to prick it with a fork, as that would let out the gravy.*

**II. How to Broil a Chop without using a Gridiron.**—Make a clean frying-pan quite hot, lay the chop in it, let it cook over a clear brisk fire for ten minutes or a little longer, turn it occasionally with a knife and spoon, and serve it immediately on a very hot dish. A chop for broiling is best cut from the loin; the fat must be neatly trimmed off before cooking it, and may be rendered to make dripping, or used as suet.

**III. Boiled Custard.**—Ingredients. Cost.

$\frac{1}{2}$ a pint of new milk ... ..	1d.
1 egg ... ..	1
	—2d.

Beat up a fresh egg in a basin or large cup, add to it the milk gradually, stirring all the time, tie a clean paper or cloth over the basin, place it in a saucepan partly full of boiling water, which of course must not reach to the top of the basin, let the water boil round the custard till it is set; this will require about a quarter of an hour or twenty minutes. Serve the custard in the basin in which it is boiled, with some white sugar.

IV. Lemonade.—Ingredients.						Cost.
1	lemon	...	...	...	...	1d.
$\frac{1}{2}$	pint of boiling water	...	...	...	...	
	Sugar to taste	...	...	...	...	$\frac{1}{4}$
						—1 $\frac{1}{4}$ d.

Rub the lemon with a cloth to make it quite clean, pare it *very thinly* so as to take none of the white part, which is bitter and unwholesome. Take off the white part and throw it away, cut the remainder of the lemon into slices, put the peel and lemon into a jug, pour on it the boiling water, add sugar to your taste, and cover it till it is cold. If the lemonade is too strong, or the patient very feverish, add a little more water to it.

V. Treacle Posset.—Ingredients.

$\frac{1}{2}$  pint of milk.

4 table spoonfuls of black treacle.

Put the milk into a saucepan, bring it to the boil, then add the treacle; let it just boil again, then draw it to the side of the fire, and let it stand there for a minute or two, then strain it, and serve it very hot. This is an excellent drink for colds; it should be taken in bed, as it is useful in promoting perspiration.

QUESTIONS.

1. *How should a chop be broiled?*
2. *How would you do this without a gridiron?*
3. *Describe how you would make a boiled custard.*
4. *How is lemonade made?*
5. *Of what use is treacle posset?*

## CHAPTER XXIX.

UTENSILS REQUIRED FOR THE  
PRECEDING LESSONS.

	s.	d.
2 one-gallon iron saucepans ... ..	5	0
1 three-pint saucepan ... ..	1	5
1 quart saucepan ... ..	1	2
1 frying-pan (large) ... ..	1	2
1 <i>small frying-pan</i> ... ..	0	9
3 small bread tins ... ..	1	6
1 Yorkshire pudding tin ... ..	0	10
1 oval baking tin ... ..	0	8
1 paste board ... ..	3	0
1 rolling pin ... ..	0	6
1 colander ... ..	2	6
1 <i>wire sieve</i> ... ..	2	6
1 dripping-pan ... ..	1	0
1 grater ... ..	0	4
$\frac{1}{2}$ pint measure ... ..	0	6
1 <i>pint measure</i> ... ..	0	9
1 <i>flour dredger</i> ... ..	0	9
1 <i>strainer</i> ... ..	1	4
1 <i>small fish kettle</i> ... ..	5	6
2 large iron spoons ... ..	0	8
Scales and weights ... ..	15	0
Carried forward ...	2	6 10

				£	s.	d.
	Brought forward	...	...	2	6	10
2	scrubbing brushes	...	...	...	1	6
2	vegetable brushes	...	...	...	0	4
3	black lead brushes	...	...	...	0	9
2	galvanized pails	...	...	...	3	8
1	knife board	..	...	...	1	6
3	wooden spoons (different sizes)	...	...	...	0	9
6	knives	...	...	...	5	0
2	forks	...	...	...	1	6
3	teaspoons	...	...	...	0	9
3	large basins	...	...	...	2	6
2	moderate sized basins	...	...	...	1	0
3	small basins	...	...	...	0	9
2	pie dishes	...	...	...	0	10
1	pudding basin	...	...	...	0	9
6	plates	...	...	...	1	0
3	dishes	...	...	...	1	6
2	jugs	...	...	...	0	10
				<hr/> £3 11 9		

The utensils which are given in italics are useful,  
but are not *necessary*.



## CHAPTER XXX.—LESSON XXI.

## FOOD.

## BODY WARMERS AND FLESH FORMERS.



I. Why we take Food.—Food is a necessary of life, because it builds up our bodies and replaces the waste that is always going on from bodily or mental labour.

II. How our Bodies Waste.—Our bodies are always changing, they wear away by exercise, and by making the heat which is necessary to keep us alive. People who work a great deal ought to have more nourishment than those who are idle, because work wears away our bodies; and people in cold countries require more food than those in hot countries, because so much heat is taken from their bodies by the cold air, and this heat must be replaced.

III. The Heat of our Blood.—In hot or cold countries our blood is of the same heat; the inside of our bodies is warm even when we feel cold. This warmth is caused by the slow burning of the food which we eat.

IV.—Body Warmers.—We call those foods body warmers which are chiefly useful in heating our bodies; these foods contain a great deal of *carbon*. This carbon is also contained in coal. When we make a fire it burns away and warms the room; so when we eat food that contains carbon, the carbon burns away very slowly in our bodies and gives us warmth. When we breathe we take into our bodies the air that enables the carbon to burn, as the fire in the grate burns in the air which it draws from the room. In cold weather, or in cold countries, we want more body warmers to keep up the warmth in our bodies than when the weather is hot, just in the same way that we want a larger fire in winter than in summer. Carbon is

found in all fatty and starchy foods; if we eat too much of these kinds of foods, that which is not used in warming our bodies is either wasted, or turned into fat. You will here see a list of animal and vegetable body warmers: the animal body warmers are more powerful than the vegetable ones.

#### BODY WARMERS.

(Containing carbon, hydrogen, and oxygen.)

<i>Animal.</i>	<i>Vegetable.</i>
Oil,	Sugar,
Fat,	All foods containing
Butter,	starch,
Dripping,	Oatmeal,
Suet.	Cocoa.

In very cold countries where there is much ice, the natives live almost altogether on fat; if they did not keep up a great deal of heat inside their bodies, the cold would kill them. In very hot countries, the natives scarcely eat anything but vegetable foods. Thus in the polar regions, the natives live mainly on the fat or blubber of the seal or whale, while in India rice forms the staple article of diet. If rice only were eaten by the natives of the polar regions they would perish from cold, while if blubber and seal fat were chiefly eaten by the Hindoos, they would suffer from disease.

V. **Flesh Formers.**—Besides being warmed, the body must be replaced as we wear it away. The foods which are most useful for this purpose we call *flesh formers*. There are both *animal* and *vegetable* flesh formers. The vegetable flesh formers give great powers of endurance, and make people able to do a great deal of work; but animal flesh formers enable people to use their strength more quickly when beginning to work. Thus a man fed upon vegetable flesh formers only would be able to run a long way, but he could not run so fast at first as a

man who had eaten some animal flesh former. We should therefore eat both kinds of food.

#### FLESH FORMERS.

(Containing nitrogen, carbon, hydrogen, and oxygen.)

<i>Animal.</i>	<i>Vegetable.</i>
Lean meat,	Oatmeal,
Eggs,	Flour,
Fish,	Peas,
Poultry,	Lentils,
Cheese.	Maize.

Besides body warmers and flesh formers, we must take into our bodies some different kinds of salts, which are necessary to life. These are found in our various foods; the only one which we add to them is common salt. In small quantities, salt helps us to digest food, but too much of it is bad for us, and makes us very thirsty.

#### QUESTIONS.

1. *Why is food necessary?*
2. *What is the cause of the constant waste of our bodies?*
3. *How is the heat of the body kept up?*
4. *What is the chief element in body warmers? Give a list of animal and vegetable body-warming foods.*
5. *Why are flesh formers necessary?*

CHAPTER XXXI.  
CLOTHING.

I. The Use of Clothes.—We clothe our bodies to keep them warm; clothes do not *make* warmth, but they keep the heat of our bodies from escaping into the air, and prevent the outside cold from chilling us. Clothes also prevent the heat of the sun becoming injurious to the body.

II. What to Wear next to the Skin.—Flannel should be worn next to the skin; the reason of this is, that flannel is a *non-conductor*, which means that flannel is a material which will not conduct the warmth away from our bodies, nor the cold air to them; all woollen materials are non-conductors. When people wear flannel next to their skins they are less likely to catch cold than if they wore linen or calico, because they do not feel draughts and the changes from heat to cold so much.

III. What not to Wear next to the Skin.—Linen should not be worn next to the skin; it is a very good conductor of heat, so it would let us feel every change of heat and cold, and would conduct away the warmth of our bodies. Calico is not such a good conductor as linen, so it is better to wear; still it is not nearly so good as flannel. Again, if we perspire flannel absorbs the perspiration, while linen and calico cling to the damp body.

IV. Changing Clothes.—The clothes that we wear next to the skin should often be changed and washed. They become coated with the perspiration and impurities that come out of our skin, and they are then unhealthy and unfit to wear. *Never sleep in the under-clothes which you have worn during the day.* When you take off your clothes at night hang them up or spread them out, so that the fresh air may get

to every part of them; in the morning throw wide open your window (if you do not sleep with it open, and if you do, open it wider than usual), turn down the bed-clothes so that the fresh air may come into the bed, and hang your nightgown out to air.

**V. Airing Clothes.**—When clothes come back from the wash, hang them before the fire to make them quite dry, or if it is summer hang them in the hot sunshine. It is very dangerous to wear damp clothes, and it is still worse to sleep in damp beds, as by this means colds and rheumatism are caught.

**VI. Tightness of Clothes.**—Clothes should never be made to press upon any part of the body; a great many painful diseases are caused because some women will twist their bodies into unnatural shapes by wearing tight stays. An unnaturally small waist is no more to be admired than an unnaturally small head. You would pity any one whose head was as small as a little doll's, and grew on a full-sized body, but that would not be more out of proportion than a person with broad shoulders, and a waist only seventeen or eighteen inches round. People who pinch themselves with stays are much to be pitied, because they deform their bodies, and they have such foolish minds as to think that this deformity is a beauty. Never wear tight boots; they press the foot into an unnatural shape, and crush the toes together, which ought to be separated like little fingers, instead of being squeezed into a heap, so that each toe almost loses the power of moving. Tight boots also make our feet cold, because they do not let the warm blood flow freely in the blood-vessels; and they are the chief cause of corns and bunions. Tight bands to dresses and petticoats are very bad for health; they press on a part of the body which contains very delicate and important organs; if these are injured by being pressed out of shape, we shall have pain and illness, from which perhaps no doctor can quite cure

us. Much harm is also done by the tight bands stopping the free course of blood in our bodies, just in the parts where it is very much needed. It is also very bad to hang a great weight of petticoats and skirts round our waists; that does as much harm as tight bands. When garters are worn they should be put on above the knee, not under it; they should never be worn too tight, or they press on the blood-vessels and cause diseases, such as varicose veins; that is, veins which become constantly swollen.

VII. Boots and Shoes.—Never wear boots with elastic sides; their only recommendation is that they are quickly put on and taken off. They are not nearly so tidy as laced or buttoned boots, as the elastic (when it is not the very best) quickly wears out. They are bad for the feet, as they do not support the ankles as laced boots do, although they often press upon them uncomfortably; therefore persons who wear boots with elastic sides are very apt to walk on the sides of their feet.

Never wear high heels to either boots or shoes; the heels of our feet are thus raised up in an unnatural manner, and the weight of our bodies is thrown on the toes, instead of on the soles and heels. People who wear high heels cannot walk fast, far, or gracefully; and they soon wear their boots quite out of shape.

Shoes are best for in-door wear, they cost less than boots; cloth or felt shoes are good for winter, as they keep the feet warm. Laced leather boots are the most economical for wearing out of doors; kid boots soon look untidy, and wear out of shape. When boots have become wet they should not be placed close to the fire, but dried very gradually. It is a good thing to rub boots with castor-oil, or with grease, in very wet or snowy weather; the oil or grease keeps out the wet. Castor-oil is the best, because the boots will take a polish afterwards. Boots must never be tight, as you have already been taught; they should

allow plenty of room, especially across the tread of the foot. Never wear boots with pointed toes; they cramp the foot into an unnatural shape; you cannot walk easily in them, and they cause corns and bunions.

**VIII. Wet Clothes.**—When clothes and boots and stockings are wet they should be changed and dried at once; it is very dangerous to sit in wet clothes, as they chill the body, and cause many diseases.

#### QUESTIONS.

1. *Why do we wear clothes? How are birds and beasts provided against this want?*
2. *What material should be worn next the skin?*
3. *Why should not linen be worn next the skin?*
4. *Why should clothes be frequently changed?*
5. *Why should clean clothes be well aired?*
6. *What bad results follow from tight clothes?*
7. *What things are to be avoided in boots and shoes?*

### CHAPTER XXXII.

#### CLOTHES (CONTINUED).



**I. Under-clothes.**—Unbleached calico is best for under-clothes, except the garments that are worn close to the skin, which should be made of flannel. Unbleached calico is better than that which has been bleached or whitened, it is stronger and cheaper, and will wear better. After frequent washing it will become white. Calico should have no dress or stiffening in it; by rubbing a bit of calico between your fingers you can rub out the "dress" and find out the true quality of the calico, which the stiffening hides. Good unbleached calico may be bought for 4d. or 5d. a yard. It is usually 32 to 36 inches wide.

A list is here given to show you about how much calico will be required to cut a few useful underclothes, but of course the quantity will differ according to the size of the person for whom they are made, and the pattern by which they are cut. Some patterns are very extravagant, and require a great deal of stuff.

A chemise requires about 2½ yds. of calico.

Drawers                   ,,           2 yds. of calico.

Petticoat body       ,,           1½ yds. of calico.

Night gown           ,,           4½ yds. of calico.

Calico should be washed before it is made up into clothes. It runs up a little in washing, so a little more calico must be allowed than is just enough to cut the clothes. Calico is softer after it has been washed, and is easier to work.

II. **Linen.**—Linen was formerly used for underclothing, but now calico has almost altogether taken its place. Linen wears longer than calico, but it costs more and as it is a good conductor of heat (see page 79) it is not suitable for underclothes.

III. **Flannel.**—Welsh (bluish) or Saxony (yellowish) flannels are those that are most used for underclothes. Saxony flannel is the best kind for wearing next to the skin, as it is softer than Welsh flannel, which is better for petticoats. In making flannel garments remember that when they are washed they will shrink a great deal. A good flannel may be bought for about 1s. 6d. a yard; three yards is enough to make an ordinary petticoat.

IV. **Petticoats.**—Upper petticoats should always be made of some coloured material; they should never be white. White petticoats soon become dirty, and it is a great deal of trouble and expense to wash them. Pretty coloured cotton skirts are now much sold for summer wear, and dark woollen skirts should be worn in winter.



**V. Dress.**—Different kinds of dress are proper for different conditions of life, and for the different work that is to be done, but neatness and cleanliness are desirable in every kind of dress, and are never out of place.

**VI. Washing Dresses.**—Washing dresses made of print, or linen, or of the strong cotton materials of which there are now so many sold, are best for ordinary wear, if they are not warm enough a flannel bodice may be worn underneath the dress.

**VII. Prints.**—In choosing prints buy those in which the colour comes through to the wrong side of the dress, as they will wash better than those which are only lightly printed. It is best to have a washing dress with a coloured ground, or one which is well covered with a coloured pattern, so as not to show dirt soon. A good print may be bought for 5d. or 6d. a yard.

**VIII. Linen.**—Coloured linen dresses are good for cool summer wear, but they are more expensive than prints.

**IX.—Shirtings.**—Dresses made of coloured cotton shirtings are both pretty and useful; they are much thicker than prints, so they wear longer and are warmer. They are not creased or messed so easily, and they do not require washing so often. The prices vary; a good useful shirting, or Galatea stripe, may be bought for from 5d. to 8d. a yard.

**X. Winter Dresses.**—Woollen dresses are warmer for winter wear. In buying them it is much cheaper to pay rather a high price for a good one, than to give a little money for one that will not wear. If you give a very low price for a winter dress you may be sure that the wool in it is not good, so that it will not wear; or it is mixed with cotton, and so will not be warm enough. Winsey is, however, an exception to this rule; it is a cloth that is chiefly made of wool

with a small mixture of cotton; it is warm and will wear a long time. Serge is perhaps the warmest, strongest, and best material for winter wear; real serge is made entirely of wool, and is sold at many various prices, but a good one may be had at 1s. 6d. or 2s. a yard. Winter dresses should be warm but not heavy, or they will be tiring to the wearer.

**XI. Best Dresses.**—Many useful and pretty dress materials are now sold at a low price, which are suitable for Sunday and better dresses. These materials can be bought at a much less cost than a poor silk, they look far nicer and last much longer. Among the best of these materials are alpaca and French merino.

**XII. Hats and Bonnets.**—Bonnets are now little worn except by middle aged or elderly people. Hats are more convenient, easier to trim, and last longer. Black or brown straw hats are the best, they do not change colour, turn, or fade, like white and grey ones. Hats or bonnets should never be heavy or tight so as to press on the head and cause headache.

**XIII. Stockings.**—Knitted stockings are the strongest and best. If you have no time to knit your stockings, buy good woven ones; do not buy low priced stockings, they will soon wear out, and they often fit badly, and so chafe and blister the feet.

**XIV. Bedclothes.**—Unbleached calico is best for sheets; it is thicker and warmer, and will wear better than the bleached. An ordinary sized pair of sheets can be made from  $5\frac{1}{2}$  yards of good sheeting calico, at  $10\frac{1}{2}$ d. a yard. Pillow cases should, if possible, be made of linen, they wash a better colour than if they are made of calico, are comfortable for the head, and wear a long time; linen is, however, much more expensive than calico.

## QUESTIONS.

1. *What material is best for underclothes ?*
2. *Why is linen less suitable for underclothing than calico ?*
3. *What flannel is best for wearing next the skin, and why ?*
4. *What material is best for upper petticoats ?*
6. *What should washing dresses be made of ?*
7. *How would you choose a print dress ?*
- 8 and 9. *Name some other materials besides print for washing dresses.*
10. *How would you choose a winter dress ?*
11. *What are good materials for best dresses ?*
12. *Why is a hat more useful than a bonnet ? What kind of hat wears best ?*
13. *What kind of stockings wear best ?*
14. *What should bed clothes be made of ?*

---

CHAPTER XXXIII.

## CLOTHING (CONTINUED).



**I. Dress.**—Women ought to be nicely and becomingly dressed; they ought to dress in a manner which is becoming to their station in life, to their appearance, and to their surroundings. Nothing looks worse than a dress dragging along the street in the mud or dust. If you knew nothing else of a woman whom you saw walking with her dress dragging, you would at once say that she was a slattern, whose home was dirty, untidy, and comfortless; and you would be almost surely right. On the contrary, every one thinks well of a woman who is neatly, cleanly, and quietly dressed, even if they know no more of her than her tidy appearance. So you see

that dress is, as a rule, the outward sign of a person's character.

II. **Colours.**—Bright and delicate colours, though they are very beautiful in themselves, are scarcely ever becoming to the wearer; also they soon become soiled and faded, and lose their beauty. Do not wear many different colours; the colours together may look very pretty, but remember that what are pretty in the shop, or in the hand, are often gaudy and out of place in the street. A face that is nice-looking and bright when seen under a quiet-coloured hat, may look quite plain and dingy if the hat is trimmed with bright colours that out-shine the face. Remember that the dress is made to clothe *you* and make *you* look your best, and you are not made to carry the dress, and show off *its* gay colours. A little piece of bright colour, such as a bow or tie, worn with a dark dress, often improves and lightens it; but then the colour must be carefully chosen. A sallow person should not wear bright blue or green; these colours contrast with the skin, and make what is naturally sallow look quite yellow. A person with a high colour should never wear pink; the delicate pink would make her face look red and coarse. Dark dresses, of course, do not show dirt and marks like light ones; besides, they look much more warm and comfortable in our cold and rainy climate. Dark blue, dark red, dark green, brown, and grey, are all pretty and useful colours.

III. **Working Dresses.**—It is best to wear washing dresses to work in as much as possible; of course washing them or having them washed is troublesome and expensive, but dirt and grease do not ruin them, and they look fresher and better than stuff dresses, especially in summer. Never trim a washing dress with flounces or frills; they look out of place, are soon crumpled, and are very troublesome to starch and iron. Do not have a working dress made long;

material, and should always quite cover all the weak part that wants renewing or strengthening. If the patch is not large enough, the material will soon wear out round it and break away, and then all the trouble you have had in putting it in will be lost. Be careful to darn stockings evenly, so as not to make hard lumps that will hurt the feet of the wearer; darn stockings when they are thin, and do not wait till there is a hole. Do not let pins take the place of buttons, hooks, and tapes; pins look very untidy, and wear out the parts of the garment in which they are used, by constantly making little holes in it. When a little piece of braid has come undone at the bottom of a dress, do not pin it up, or it will soon come down, your foot will catch in it, and make it much worse than it was before. Starched clothes must be rough dried before they are mended.

## QUESTIONS.

1. *How should a woman be dressed?*
2. *Why should not bright colours be worn? What are the most useful colours?*
3. *How should a working dress be made?*
5. *Are extravagant clothes in good or bad taste? Why?*
6. *How should you take care of your clothes, so that they may look nice till they are worn out?*
8. *How would you trim hats and bonnets?*
9. *Why, when, and how should clothes be mended?*

## CHAPTER XXXIV.

## CLOTHES (CONTINUED).



I. What our Clothes are made of.—All our clothes are manufactured from animal or vegetable productions, and it is very interesting to learn how they are made, and what they are made of.

II. Leather.—Leather is made of the skins of different animals; the hair or wool is first removed, and the skin is then tanned to prevent it from decaying. After it has been tanned, leather forms large brown hides, and must be dressed before it is made into boots and shoes. The strongest leather, that is used for boots and shoes, is made from the skins of oxen and cows; also from buffalo-hides and horse-hides, which are imported or brought over from America. The upper leather of boots is chiefly made of calf skins, and the thinnest and finest shoes and boots are made of kid. It is strange to think that the boots you are now wearing were once part of the skin of a buffalo that wandered in the wild prairies of America. A little time ago boots and shoes were entirely made by hand, but now a great part of their manufacture is done by machinery. The shoe trade is chiefly carried on in Northampton, Leicester, and Stafford. There are also large factories in America.

Gloves are manufactured from a very fine kind of leather that is made from the skins of kids, goats, and lambs; all this very fine leather is called kid, although it is made from different skins. The best gloves are made in France; in England they are chiefly manufactured at Worcester.

III. Wool.—The wool of sheep is, perhaps, the most useful source of our clothing; from it are made cloths and flannels, and all warm materials. A great deal of wool comes to England from Australia, South

Africa, and South America, and it is here manufactured into different materials. The chief British manufactories of woollen goods are in Yorkshire, Lancashire, Wales, and Scotland.

IV. **Silk.**—Silk is made from the cocoons of silkworms. The rearing of silkworms is a regular trade in China, India, Italy, and some other warm countries. The eggs of the silk-worm moth are hatched by the heat of the sun, or by stove heat. The silkworms are fed on mulberry leaves, and after a few weeks they spin coverings for themselves; these coverings are called cocoons. The silkworms make them with a soft slender thread that comes out of their bodies underneath their mouths; this thread is what we call silk. When the silkworms have spun out all their silk, they are changed into chrysalis, and are quite surrounded by the cocoons, which are each about the size of a pigeon's egg; the cocoons are then thrown into boiling water, which kills the chrysalis, and the silk is wound off them. Silk is naturally very fine and soft, and of a light yellow colour.

Velvet, satin, and silk are all made from these threads of the silkworm; silk is also much used in the manufacture of mixed materials. Velvet is chiefly manufactured at Genoa, in Italy, and at Lyons, in France. Silk is manufactured in France; and in London, Derby, and some other English towns.

V. **Cotton.**—Cotton is the most valuable vegetable production that is used for clothing; in its natural state cotton is the inside covering of the seeds of the cotton plant, which grows in very hot countries. Raw cotton, as it is called, is brought to England from America, India, Egypt, and China. Liverpool is the chief seaport to which the bales of cotton are brought; the cotton is unloaded from the ships at the docks, and then sent to the large Lancashire factories, where it is made into calico.

VI. **Flax.**—Linen, cambric, damask, and several

other fabrics are made of the fibres found in the stalks of flax, which is a plant that grows about two or three feet high, and bears a pretty blue flower. The best flax comes from Belgium; it is also grown in many other parts of Europe. Linen is chiefly manufactured in France, Belgium, Holland, and Ireland.

VII. Straw.—Wheat straw is used for plaiting, and these straw plaits are made into hats and bonnets. This trade is chiefly carried on in Italy, and at Luton and Dunstable, in Bedfordshire. The straw is first cut into lengths, then split, and afterwards made into plaits by women and children.

VIII. Dyeing.—We do not wear materials in their natural colours; before we use them they are bleached if we wish them white, or they are dyed of different colours. Dyes are almost entirely made of vegetable or mineral productions. Some plants and minerals give very powerful dyes, which are quite different in colour from the substances from which they are made; some of our brightest and most beautiful colours are made from coal tar; these are called aniline dyes. A great many dyes are made from different kinds of wood, and also from the leaves and roots of certain plants.

#### QUESTIONS.

- 1—2. *What is leather?*
3. *Where are the chief manufactories of woollen goods?*
4. *What is silk?*
5. *What is calico made of?*
6. *What is linen made from?*
7. *What part of our clothes is made of straw?*
8. *What are dyes made from?*



## A FEW USEFUL RECIPES

*That can be easily carried out by any one who has studied the preceding pages.*

---

### SOUPS.

#### CARROT SOUP.

*Required*:—Two quarts of stock, three carrots, two onions, one small turnip, one stick of celery, a bunch of parsley, thyme, and majoram, 1 oz. dripping. Wash, pare, and cut up the vegetables, put them into the cold stock with the dripping, let all simmer for one hour and a half, then pass it through a wire sieve or colander, return it to the pan, season it with pepper and salt, and serve. Cost 5d.

#### PALESTINE SOUP.

*Required*:—Two quarts of stock, two pounds Jerusalem artichokes, two onions, one stick of celery, one pint of milk. Wash, pare, and cut up the vegetables, put them into the cold stock, let all simmer for an hour and a quarter, or till tender, then pass through a sieve or colander, add the milk, return it to the pan, season it with white pepper and salt, and serve. Cost 7d.

#### HARICOT SOUP.

*Required*:—One pint of Haricot beans, one onion, two quarts of stock, one pint of milk. Soak the beans all night in cold water, drain them, put them into a saucepan with the stock, and the onion sliced, let all simmer for four hours, pass through a sieve or colander, return to the pan, add the milk; and seasoning of pepper and salt, let it simmer for five minutes, then serve. Cost 7½d.

#### VEGETABLE SOUP.

*Required*:—Two quarts of stock, three carrots, two turnips, two onions, one stick of celery, two tablespoonfuls of oatmeal. Wash and cut up the vegetables, put them into a saucepan with the cold stock, let all come to the boil, then add the oatmeal (which should be mixed with cold water to a smooth paste), let all simmer for about an hour, or until the vegetables are tender, then add pepper and salt, and serve. Cost 5d.

## SCOTCH BROTH.

*Required* :—Two pounds of the scrag end of the neck of mutton, four carrots, four turnips, one stick of celery, two onions, one tea-cupful of Scotch barley, seven pints of water. Put the barley into the cold water, when it boils put in the mutton; when the mutton has simmered half an hour, add the vegetables, which should be sliced, simmer all together for one hour and a quarter, then add pepper and salt and serve. The meat and broth may be served together in a tureen, or the meat may be served on a separate dish with part of the vegetables round it, in this case part of the vegetables should be put in without being sliced. Cost 1s. 6d.

## JENNY LIND SOUP.

*Required* :—Two quarts of stock, half a teacupful of sago, the yolks of two eggs, half a teacupful of milk, two cloves. Soak the sago in cold water. Put the stock into a saucepan, when it comes to the boil stir in the sago and add the cloves, let it simmer for one hour. Beat the yolks of the eggs in a tureen; make the milk hot, and add it gradually to the eggs, then pour on the soup, stirring well all the time, add pepper and salt, and serve. Cost 6d.

---

FISH.

*N.B.*—*Directions for boiling, frying, broiling, and baking fish have already been given.*

## BAKED HERRINGS

*Required* :—Six fresh herrings, one dessert spoonful of chopped onions, and thyme and marjoram, one dessert spoonful of chopped parsley, one dessert spoonful of bread crumbs, two ounces dripping. Wash the herrings, cut off their heads, fins, and tails, take out the back-bones. Grease an oval baking tin with dripping, lay in the open herrings, sprinkle on each one part of the mixture of bread crumbs, parsley, onions, and herbs, and a seasoning of pepper and salt, put over them the dripping in little pieces; bake them for half an hour. When they are served, lay one herring on the other, in pairs. Cost about 5d.

## COD STEAKS.

*Required* :—Some slices of cod about an inch and a half thick, egg, bread crumbs, two ounces dripping. Egg and bread crumb the slices of cod, and fry them a golden brown in the dripping.

## FISH PUDDING.

*Required:*—Three or four potatoes, half-pound of cold boiled fish, two or three table-spoonfuls of milk, a piece of butter the size of a walnut. Pick the fish from the bones. Boil and mash the potatoes, add them to the fish, with the butter and milk, and seasoning of pepper and salt. Put the mixture into a buttered basin and bake it for twenty minutes or half an hour, then turn it out. Cost about 5d.

## FRIED HADDOCK.

*Required:*—One haddock, egg, bread crumbs, two ounces dripping. Wash a haddock, cut it from the bones, and make it into fillets, or nice-sized pieces. Egg and bread crumb the fillets and fry them in the dripping. Put the haddock bones and head into a saucepan with three quarters of a pint of cold water, let them simmer for three quarters of an hour, or an hour; use this stock to make melted butter for the haddock.

## SCALLOPED FISH.

*Required:*—Half-pound of cold boiled fish, four ounces of bread crumbs, sauce, butter. Pick the fish from the bones, add to it three ounces of bread crumbs, and moisten it with any melted butter or sauce that may be left from the previous day, season it highly, and add a little anchovy sauce if you like it. Butter a pie-dish, line it with bread crumbs, put in the mixture, cover it with the rest of the bread crumbs, place on the top a few small pieces of butter. Let it bake for twenty minutes or half an hour; or brown it in a Dutch oven before the fire.

## FISH CAKES.

*Required:*—The remains of any cold fish, bread crumbs, one or two eggs, cold potatoes, a sprig of parsley, two ounces dripping. Pick the fish from the bones, mix it well with equal quantities of bread crumbs and cold potatoes, season it highly. Make the mixture into cakes, using an egg to bind it; egg and bread crumb them, and fry them a light golden brown in two ounces of dripping.

---

MEAT.

## TOAD-IN-THE-HOLE.

*Required:*—Quarter-pound of beef kidney, half-pound of beef, six table-spoonfuls of flour, one pint of milk, one egg, a little salt. Mix the salt with the flour; break the egg in a small basin, but do not beat it, mix it with the flour, then add

the milk very gradually, beat it well; let it stand a little while. Cut up the meat into nice-sized pieces, lay it in a greased tin or dish, pour the batter over it and bake for one hour in a moderate oven. Cost 11d.

### HOT POT.

*Required* :—One pound of beef, two onions, two and a half pounds of parboiled potatoes. Cut the beef into pieces about an inch and a half square. Cut the potatoes into quarters; slice the onions. Put the meat, onions, part of the potatoes and a good seasoning of pepper and salt into a deep pie dish; cover it over thickly with the rest of the potatoes, pour in a little cold water to make gravy. Put it into a slow oven for three hours; when the potatoes at the top are brown, put an old dish over them to prevent them becoming burnt and hard. Cost 1s.

### KIDNEY PUDDING.

*Required* :—Three quarters to a pound of beef kidney, half a pound of beef; for the paste, half a pound of flour, three ounces of suet. Make a paste of the flour and suet, as in the directions for roly-poly puddings. Roll it out the size you require, and let it be about half an inch thick. Line a pudding basin with the paste, and put in the beef and kidney cut into rather small pieces, add seasoning of pepper and salt and a little water; close up the pudding with paste; let it boil for at least three hours. Cost 1s. 3d.

### BRAZILIAN STEW

*Required* :—Two pounds of gravy beef, two onions, one ounce butter, one table-spoonful of flour, carrots and turnips. Cut the beef into nice-sized pieces, put it into a jar that has a lid, add the onions, one carrot, and one pint of cold water; put it into the oven for four hours; then thicken the gravy with the flour and butter; add a seasoning of pepper and salt, put it back into the oven for half an hour. Serve it with boiled carrots and turnips.

### STEWED OX-CHEEK.

*Required* :—One ox-cheek, two onions, two carrots, a stick of celery, a bunch of herbs. Sprinkle some salt on an ox-cheek, let it lie all night, then wash it well. Put it into a pan with the onions, carrots, celery, and bunch of herbs, and one pint of water; let it simmer very gently for at least four hours. Cost about 1s. 2d.

## HARICOT MUTTON.

*Required:* Two pounds of the scrag end of a neck of mutton, turnips, carrots, and onions. Cut them up and brown them at the same time in dripping in a stew pan; add to them one pint of cold water; let all simmer for one hour, then thicken the gravy with a dessert-spoonful of flour, add pepper and salt, let it simmer again for five minutes, then serve. Place the meat in the middle of the dish and the vegetables round it. Cost 1s. 5d.

---

## SWEET DISHES.

## A GOOD PUDDING WITHOUT EGGS.

*Required:*—Half a pound of flour, quarter of a pound of suet, quarter of a pound of raisins, half an ounce of candied peel, a little grated nutmeg, half a teaspoonful of baking powder, enough milk to make it into a thick paste. Stone the raisins; chop the suet. Mix together all the dry ingredients, then add the milk. Put it into a greased basin and let it boil for four hours. Serve it with sugar or with sweet sauce. Cost 5½d.

## BOILED LEMON PUDDING.

*Required:*—Three quarters of a pound of bread crumbs, half a pound of suet, half a pound of sugar, one egg, the juice and rind of one lemon, a little water, half a teaspoonful of baking powder. Chop the suet, mix together all the dry ingredients, add the grated lemon rind and the juice, the egg (which must be well beaten), and enough water to make it a thick paste. Steam it for three hours in a greased basin. Cost 9d.

## BAKED LEMON PUDDING.

*Required:*—Half a pound of moist sugar, half pound of bread crumbs, six ounces of suet, two lemons. Chop the suet and mix it with the bread crumbs and sugar, add the grated rinds and the juice of the lemons; put the mixture into a greased pie dish, let it stand about two hours before putting it into the oven; bake it for half an hour in a moderate oven, turn it out when it is done. Cost 7d.

## GINGERBREAD PUDDING.

*Required.*—Half a pound of flour, half a pound of treacle, one egg, quarter of a pound of suet, one teaspoonful of baking powder, a small teacupful of milk, a teaspoonful of grated ginger. Mince the suet very finely. Mix together all the dry ingredients, add the treacle and milk; put the mixture into a greased basin and boil it for exactly two and a quarter hours. Cost 6½d.

## WAFER PUDDINGS.

*Required.*—Two eggs, half a pint of milk, two tablespoonfuls of flour, a dessert spoonful of white sugar, a little grated nutmeg. Beat the eggs well, then beat all the ingredients together; put the mixture into six well-greased saucers and bake it for a quarter of an hour. Turn the puddings out of the saucers and serve them with sugar, preserve, or sweet sauce. Cost 3½d.

## SWISS PUDDING.

*Required.*—Six large cooking apples, six ounces of bread crumbs, sugar to taste. Pare and slice the apples, put them into a saucepan with a very little water, and sugar to taste; the juice of a lemon is also an improvement. Stir the apples some time till they have become a pulp. Butter a pie dish, line it with bread crumbs, put over the crumbs a layer of apple pulp, then more crumbs, then apples again, and so on till the dish is full; cover the top with bread crumbs, put on them a few thin pieces of butter; bake it for half an hour, or till the top is highly browned. Cost about 4½d.

## SAGO AND APPLE PUDDING.

*Required.*—Five large cooking apples, one large tablespoonful of sago, sugar to taste. Make the apples into pulp, as in the preceding receipt. Let the sago soak for an hour in cold water, then put it into a pan with one pint of cold water; let it simmer about three quarters of an hour, or till it is clear, stirring it often. Put the apple pulp in a buttered pie-dish and pour over it the sago, then bake it for half an hour. Cost about 8½d.

## SWEET MACARONI.

*Required.*—Quarter of a pound of macaroni, one egg, sugar to taste, one and a half pints of milk. Put the macaroni in a saucepan of boiling water, let it simmer for quarter of an

hour, take it out and drain it. Put it into a saucepan with the cold milk and a little lemon peel to flavour it, let it simmer for half an hour, or till the macaroni is quite tender. Beat the egg, mix it with a little cold milk, then add some of the hot milk from the macaroni, then mix it gradually with the macaroni, add sugar to taste, and let it simmer till the egg is cooked, stirring it all the time. Cost 5d

#### SWEET SAUCE FOR PUDDINGS.

*Required* :—One dessert spoonful of arrowroot, a little piece of a lemon, sugar to taste. Mix the arrowroot with a little cold water, pour on it half a pint of boiling water, add sugar to taste, and the lemon for flavouring

#### ANOTHER SWEET SAUCE.

*Required* :—Half an ounce of butter, one tablespoonful of flour, half a pint of boiling milk, sugar to taste, nutmeg. Make a melted butter of the flour, butter, and milk, add sugar and nutmeg to taste.

#### BUNS

*Required* :—Half a pound of flour, two ounces of dripping, one egg, a teaspoonful of baking powder, two ounces of white sugar, a little grated nutmeg, a little milk. Mix the baking powder with the flour, rub in the dripping, add the sugar and nutmeg; make them into a stiff paste with the beaten egg and the milk, make it into buns on a floured baking tin and bake them at once. Cost 4d.

## INDEX.



	PAGE.
Apple and Sago Pudding .. .. .	99
Apple Water .. .. .	68
Arrowroot .. .. .	68
Baked Haddock .. .. .	15
„ Herrings .. .. .	95
„ Meat .. .. .	35
Baking Powder .. .. .	46
Barley Water .. .. .	68
Bed Clothes .. .. .	85
Beef Tea .. .. .	67, 69
Boards, to scrub .. .. .	8
Body Warmers .. .. .	77
Boiled Meat .. .. .	37
„ Custard .. .. .	72
Bonnets .. .. .	85, 89
Boots .. .. .	81
Brass, to clean .. .. .	10
Brazilian Stew .. .. .	97
Bread .. .. .	28
Bread Pudding .. .. .	18
Broiling .. .. .	30, 72
Broth, Scotch .. .. .	95
Buns .. .. .	100
Cabbage .. .. .	43, 44
Cake.. .. .	58
Calico .. .. .	82
Carrots .. .. .	39
Carrot Soup .. .. .	94
Chop, Mutton .. .. .	72
China, to wash .. .. .	7
Citric Drink .. .. .	59
Cod .. .. .	25
Cod Steaks .. .. .	95
Copper, to clean .. .. .	10
Cornflour .. .. .	49
Cottage Pie .. .. .	57
Cotton .. .. .	92
Dress .. .. .	84, 85, 86, etc.
Dyes .. .. .	93
Dripping, to clarify .. .. .	23
Eggs .. .. .	53, 54
Egg Sauce .. .. .	26
Fashion .. .. .	88
Fender, to clean a .. .. .	7
Fire, to lay a .. .. .	7



	PAGE
Fish .. .. .	14, 95
" Boiled .. .. .	25
" Cakes .. .. .	96
" Pudding .. .. .	96
" Scalloped .. .. .	96
Flannel .. .. .	83
Flax .. .. .	92
Flesh Former .. .. .	77, 78
Flour .. .. .	26, 28
Forks, to clean .. .. .	10
Frying .. .. .	23
Frying-pans, to clean .. .. .	11
Ginger Beer .. .. .	51
Gingerbread Pudding .. .. .	99
Grate, how to clean a .. .. .	6
Gravy .. .. .	35
Gruel .. .. .	70
Haddock, Baked .. .. .	15
" Fried .. .. .	96
Haricot Beans .. .. .	37
" Mutton .. .. .	98
" Soup .. .. .	94
Hats.. .. .	85, 89
Hearth-stone, to clean the .. .. .	7
Herrings, Baked .. .. .	95
Hot Pot .. .. .	97
Irish Stew .. .. .	45
" Moss .. .. .	70
Jenny Lind Soup .. .. .	95
Knives, to clean .. .. .	10
Kidney Pudding .. .. .	97
Leather .. .. .	91
Lemonade .. .. .	73
Lemon Pudding, baked .. .. .	98
" " boiled .. .. .	98
Linen .. .. .	83, 84
Liver and Bacon .. .. .	52
Macaroni .. .. .	62
" Savoury .. .. .	62
" Sweet .. .. .	99
Mackerel, Broiled .. .. .	30
" Sauce for .. .. .	31
Maize .. .. .	49
Meat, Baked .. .. .	35
" Boiled .. .. .	37
" Choosing .. .. .	34
" Keeping .. .. .	34
" Pie .. .. .	60
" Roast .. .. .	33
" Salt .. .. .	38
Melted Butter .. .. .	14
Mending .. .. .	89

	PAGE
Oatmeal .. .. .	44
Onions .. .. .	38
Pancakes .. .. .	61
Pastry .. .. .	48, 60
" Suet .. .. .	45
Pea Soup .. .. .	13
Petticoats .. .. .	83
Pie, Cottage .. .. .	57
" Meat .. .. .	60
Plaice .. .. .	22
Ponched Egg .. .. .	53
Poor Man's Goose .. .. .	48
Porridge .. .. .	44
Potato, the .. .. .	19
Potatoes, Boiled .. .. .	20
" Mashed .. .. .	53
Potato Soup .. .. .	16
Posset, Treacle .. .. .	73
Prints .. .. .	84
Pudding, Bread .. .. .	18
" Fish .. .. .	96
" Gingerbread .. .. .	99
" Kidney .. .. .	97
" Baked Lemon .. .. .	98
" Boiled Lemon .. .. .	98
" Plum .. .. .	56
" Rice .. .. .	41
" Roly-poly .. .. .	45
" Sago and Apple .. .. .	99
" Swiss .. .. .	99
" Tapioca .. .. .	54
" Treacle .. .. .	82
" Wafer .. .. .	99
" Without Eggs .. .. .	98
" Yorkshire .. .. .	36
Pudding Sauces .. .. .	100
Rice .. .. .	40
" Boiled .. .. .	51
" Pudding .. .. .	41
" Savoury .. .. .	56
" Water .. .. .	71
Roasting .. .. .	38, 34
Roly-poly pudding .. .. .	45
Sago and Apple Pudding .. .. .	99
Sauce, Egg .. .. .	26
" for Mackerel .. .. .	31
" Sweet .. .. .	100
Sauce-pans, to clean .. .. .	9, 10
Savoury Rice .. .. .	56
" Macaroni .. .. .	62
Scones .. .. .	46
Scotch Broth .. .. .	95

	PAGE
Shirtings .. .. .	84
Shoes .. .. .	81
Sick Room .. .. .	66
Cookery .. .. .	63
Management .. .. .	92
Silk .. .. .	8
Sink, to clean the .. .. .	11
Soup .. .. .	94
Carrot .. .. .	94
Haricot .. .. .	95
Jenny Lind .. .. .	94
Palestine .. .. .	13
Pea .. .. .	16
Potato .. .. .	21
Variety .. .. .	94
Vegetable .. .. .	27
Starch .. .. .	32
Steaming .. .. .	42
Stewing .. .. .	97
Stew, Brazilian .. .. .	45
Irish .. .. .	97
Stewed Ox Cheek .. .. .	42
Steak .. .. .	12
Stock .. .. .	85
Stockings .. .. .	93
Straw .. .. .	15
Stuffing .. .. .	50
Stuffed Heart .. .. .	32
Suet .. .. .	45
Pasta .. .. .	99
Sweet Macaroni .. .. .	99
Swiss Pudding .. .. .	54
Tapioca Pudding .. .. .	80
Tightness of Clothes .. .. .	96
Toad-in-the-hole .. .. .	53
Toast .. .. .	32
Treacle Pudding .. .. .	73
Posset .. .. .	55
Tripe .. .. .	39
Turnips .. .. .	82
Under-clothes .. .. .	74
Utensils, List of .. .. .	21
Variety Soup .. .. .	38, 39
Vegetables .. .. .	21
Vegetable Soup .. .. .	27
Wheat .. .. .	84
Winter Dresses .. .. .	91
Wool .. .. .	28
Yeast .. .. .	86
Yorkshire Pudding .. .. .	

MAJOR'S  
EXAMINATION CARDS

IN ARITHMETIC,

FOR THE

SIX STANDARDS,

In Packets of 25, 6d. each per set,

CAREFULLY GRADUATED,

And containing numerous examples already given by

Her Majesty's Inspectors.

---

**KEYS 1s. EACH, OR 3s. COMPLETE.**

# NEW EDUCATIONAL WORKS.

BY

**H. MAJOR, B.A., F.R.G.S.**

---

**Home Lesson Books, in Six Standards,**  
carefully graduated for 45 School Weeks, in Dictation,  
Spelling, and Arithmetic, specially adapted to increase  
the passes in the Three Essentials at the Examination.  
Each Book complete in 48 pp., 3d. each; or cloth, 4d.

**Science Manuals, by H. Major, B.A. (Honours,**  
London), F.R.G.S., First-class Honours in Physical  
Geography and Animal Physiology, Science and Art De-  
partment; Editor of "Extra Subject Series," "Science  
Questions and Answers," &c.; and A. GARDINER, Science  
and Art Teacher, Author of "Acoustics, Light, and  
Heat," "Magnetism and Electricity," "Home Lesson  
Books," &c., for Science and Art Classes, Grammar and  
Private Schools, Candidates for Oxford and Cambridge  
Local University Examinations, Upper Classes in Board  
and National Schools, Government Training Colleges, &c.

- |                               |                             |
|-------------------------------|-----------------------------|
| 1. Acoustics, Light, and Heat | 5. Steam                    |
| 2. Animal Physiology          | 6. Plane and Solid Geometry |
| 3. Physical Geography         | 7. Mathematics              |
| 4. Inorganic Chemistry        | 8. Theoretical Mechanics    |

**Major's Examination Cards in Arithmetic,**  
for the Six Standards, in packets of 25, 6d. each set,  
carefully graduated, and containing numerous examples  
already given by Her Majesty's Inspectors. Keys, 1d.  
each, or 3d. complete.

## MIDLAND READERS.

Standard I., 4d.

" II., 6d.

" III., 8d.

" IV., 10d.

" V., 1s.

" VI., 1s.

Standards IV. and V., 1s. 2d.

" V. and VI., 1s. 4d.

---

**MOFFAT, PAIGE, AND CO.,**

6, Paternoster Buildings, London, E.C.

# DIOCESAN SCRIPTURE MANUALS

FOR

## RELIGIOUS EXAMINATIONS

OF

## PUPIL TEACHERS,

BY

### H. MAJOR, B.A., AND F.R.G.S.,

*Author of "Pupil Teachers' Year Books," "Scripture Readers for Day and Sunday Schools," "Science Questions and Answers," "Extra Subject Series," "The Candidate and Pupil Teacher's Year Book," "Science Manuals, Elementary & Advanced," "Penny Arithmetics," "Home Lesson Books," &c.*

Containing all the Subjects of Instruction for each Diocese, with Hundreds of Questions, already set in the various Diocesan Examinations of Pupil Teachers, & copious Notes of Lessons.

---

*New Testament, 2s. | Old Testament, 2s.*

*Prayer Book, Catechism, and  
Church History, 2s.*

*Complete in one book, at 5s.*

---

NOTTINGHAM: H MAJOR, Mansfield Road.

MANCHESTER: J HEYWOOD.

LONDON: SIMPKIN & MARSHALL,



